Talk to your health care provider

THINK
about what’s right for you. What’s most important to you. Your worries, fears, goals and wishes.

LEARN
about the different treatments that are available. Understand the goals of the treatments.

CHOOSE
your Substitute Decision Maker. Choose someone who is willing and able to speak for you if you can’t speak for yourself.

TALK
about your wishes with your Substitute Decision Maker, loved ones and health care provider.

RECORD
your wishes – write them down, record them or make a video.

www.bccancer.bc.ca/health-info/coping-with-cancer/advance-care-planning
resource Speak Up: www.advancecareplanning.ca