

Why is this important?

Thinking about and sharing your wishes will give you more control over your care. It will also help prepare your loved ones to make decisions for you if you can't make them at some point in the future. Knowing what you want will ease the burden on your family of making hard decisions for you if you can't speak for yourself.

Talking about the future will not change your ongoing care

Talking about the future won't change the plans you have made so far about your treatment, unless, of course, you want to. Your health-care team will keep providing the best possible care to you.

Your wishes may change over time

This is the beginning of an ongoing conversation. We know that you may have other questions or concerns in the future. Your health-care team will keep supporting you and answer your questions so that you can make informed decisions.

Who we are

The BC Centre for Palliative Care was established in 2013 to support The Provincial End of Life Action Plan for British Columbia. We promote a person-centred approach to care that is respectful of, and responsive to, individual patient and family preferences, needs, and values.

How to get more information

If you do not have an Advance Care Plan or have questions about it, check out the BCCPC website at: www.bc-cpc.ca under Advance Care Planning.



BC Centre for Palliative Care

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Serious Illness Conversations Initiative in British Columbia

*More, Better, Earlier
Conversations*



**BC Centre for
Palliative Care**



Living with chronic illness or frailty

If you become ill or frail, your life changes – sometimes slowly and sometimes quickly. You may experience increased tiredness, pain, nausea, or shortness of breath, and may be less able to do things for yourself. How you think and feel changes as you cope with these ups and downs in your health.

Think about what is important

- If you become very sick, how much would you be willing to go through to live longer?
- What things are so important to your life that you can't imagine living without?

Talking with your health-care provider about wishes for future care

Health-care professionals like to talk about a person's illness, their goals and wishes, and planning for the future earlier when their illness is serious but stable. Patients who think through what is important to them and what their wishes are often feel less anxious, more at peace, and more in control of their situation.

It is important to express your wishes and preferences, have them heard by your health-care professionals and family and respected in the care you receive.

Prepare for a Serious Illness Conversation with your health-care provider

Think about these things:

- What would you like to know about your illness?
- What kind of information would help you make decisions about your future?
- What is most important for you to have a good quality of life?
- What are you afraid of about your illness?
- What kinds of medical care do you not want?
- What do you think it would be like to share these thoughts with your family?
- If you haven't already identified a Substitute Decision Maker, who would be able to fill that role?

Please bring to your visit:

- If you have a Representation Agreement or a Temporary Substitute Decision Maker list that is not on file at the hospital, please bring a copy.
- If you have an Advance Directive, please bring a copy.