

ADVANCED CARE PLANNING



Prepare now for your future healthcare.
Start the conversation.

WHAT IS ADVANCED CARE PLANNING (ACP)?

The process of reflecting on and expressing values and wishes for healthcare if a person becomes incapable of consenting to or refusing treatment in the future or at end-of-life.

ASK YOURSELF...

- What is my understanding of my health? What information is important for me to know about my health?
- What brings quality to my life? What do I value?
- What worries or fears do I have about end-of-life?
- What would make life meaningful near the end-of-life?

WHY NOW?

Life is unpredictable.

Planning now will ensure your wishes are known during a time when (1) you may be incapable of expressing them or (2) when you are faced with a difficult healthcare decision.

WHO WILL SPEAK FOR YOU?

Choose a person who can make health and personal care decisions on your behalf when you are unable to do so, also known as a **Substitute Decision Maker (SDM)**.

SPEAK WITH YOUR HEALTHCARE PROVIDER TODAY.

FOR MORE INFORMATION PLEASE VISIT:

WWW.SPEAKUPONTARIO.CA

WWW.FORTWILLIAMFHN.CA/ADVANCED-CARE-PLANNING/



Fort William Family Health Network



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www.fortwilliamfhn.ca