



Advance Care Planning

Advance Care Planning helps in giving guidance, confidence, and strength to those close to you in the event that you become too ill to make healthcare choices on your own.

The time to prepare your Advance Care Plan is now.

I have had Advance Care Planning talks with this person. Please contact:

Name: _____

Relationship: _____ Ph #: _____

Advance Care Planning

- *Think about what gives your life meaning*
- *Talk to your doctor about your healthcare*
- *Discuss your wishes for your future healthcare with family and friends*
- *Think about who you would like to speak for you, when you cannot speak for yourself*
- *Record your choices*

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fraserhealth

Better health.
Best in health care.

I have an Advance Care Plan

Name: _____

Dr: _____

Birthdate: _____

Health #: _____