



Five advance care planning steps

Advance care planning is for everyone at any age or stage of their health care journey. It's never too early to start thinking about your future health.

1

Think about what's important to you.
What brings your life meaning?

2

Learn about your current health and the treatments you may face in the future.

3

Decide who would speak for you if you were unable to speak for yourself.

4

Talk to the people who matter to you.

5

Record your goals, fears, worries and priorities.



Scan QR code for more information.

Have questions or need support?

Call 1-877-825-5034

OR email advancecareplanning@fraserhealth.ca

