



# 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](mailto:advancecareplanning@fraserhealth.ca)

