

## How do I start conversations?

Sometimes these talks are not easy.

Here are some tips to start a conversation.

- Find an example from the news:  
*“That story about the family fighting about their mom’s care made me realize that we should talk about these things, so the same thing doesn’t happen to our family.”*
- Be straightforward:  
*“I want to talk with you about what is important to me.”*
- Find an example from your family or friends:  
*“Do you remember my friend Frank who was in a coma for a while? I wonder if there were any fights in the family about keeping him on that ventilator.”*

## Where can I learn more about this?

We have an Advance Care Planning team who can help you start your planning.

Contact or visit:

- 1-877-825-5034
- [advancecareplanning@fraserhealth.ca](mailto:advancecareplanning@fraserhealth.ca)
- [www.fraserhealth.ca/acp](http://www.fraserhealth.ca/acp)

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This information does not replace the advice given to you by your healthcare provider.

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# Planning for Your Future Health Care



## Advance Care Planning

Do those who matter to you know your wishes for future health care?



## What is Advance Care Planning?

Advance care planning means thinking about what matters most to you.

It involves thinking about what a good day looks like, your values and wishes for present or future health care and then sharing your wishes or instructions with close family, friends and health care providers.

It also means deciding who will speak for you if you can't speak for yourself. It is a way to give those who matter to you the confidence to make decisions on your behalf when you are unable.

## How do I make my plan?

Here are the 5 steps.

1. **Think** about what matters most to you. Reflect on what brings your life meaning, purpose, and joy. Think about how these things might influence your future health care.
2. **Learn** about your health, treatment options, and what decisions you might face in the future. Learn how to talk to others about what you prefer and how you would like to make health care decisions. Learn about what is required by law in British Columbia to have others speak for you.

3. **Decide** who would speak for you if you become too sick and cannot speak for yourself. Consider who knows you best and who is willing and able to speak for you.
4. **Talk** to the people who matter to you about your wishes, what brings your life meaning (including cultural practices), and how you would like to live. You might think that those close to you will know what matters most to you — but if you don't tell them, they won't know.
5. **Record** your thoughts, goals, worries, and priorities in any form. This could be in writing or as an audio or video recording. You might also wish to complete legal documents. Share copies with the people who matter to you, with your substitute decision maker(s), and healthcare providers.



## What is a Substitute Decision Maker?

This is someone who will make health care decisions on your behalf, as set out in British Columbia law. You can legally choose someone by using a Representation Agreement, or your healthcare providers will follow a list set out by the law, called the Temporary Substitute Decision Maker list.

All decision makers must honor and respect your values, wishes, and instructions. Again, if you don't tell them, they won't know.

## Why do I need to talk about this to others?

Talking with those who matter to you today means they will be ready to support you and your substitute decision maker(s) when the time comes.

The people who support you will have less anxiety, stress, and will be more confident in the decisions they might be asked to make about your care.