

## Need help with advance care planning?

If you need help with *My Voice* or making your plan, please contact your local health-care provider or urban Aboriginal health-care workers, such as community health representatives at First Nations Health Centres, Friendship Centres or Métis organizations.



## What else should I know?

You can change your advance care plan at any time. Simply tear up your old plan, then make, sign and date your new plan. Be sure to give copies of the new one to your family, health-care providers and your family doctor

Download the My Voice advance care planning guide and workbook at:

[www.gov.bc.ca/advancecare](http://www.gov.bc.ca/advancecare)

## Aboriginal Health Programs

### First Nations Health Authority

[www.fnha.ca](http://www.fnha.ca)

### Fraser Health

[www.fraserhealth.ca/Service-Directory/Services/Population-Based-Services/aboriginal-health](http://www.fraserhealth.ca/Service-Directory/Services/Population-Based-Services/aboriginal-health)

### Interior Health

[www.interiorhealth.ca/YourHealth/AboriginalHealth/Pages/default.aspx](http://www.interiorhealth.ca/YourHealth/AboriginalHealth/Pages/default.aspx)

### Island Health

[www.islandhealth.ca/learn-about-health/aboriginal-health](http://www.islandhealth.ca/learn-about-health/aboriginal-health)

### Northern Health

[www.indigenoushealthnh.ca](http://www.indigenoushealthnh.ca)

### Vancouver Coastal Health

[www.vch.ca/your-care/aboriginal-health](http://www.vch.ca/your-care/aboriginal-health)

For a guide to Indigenous organizations and services in British Columbia, visit:

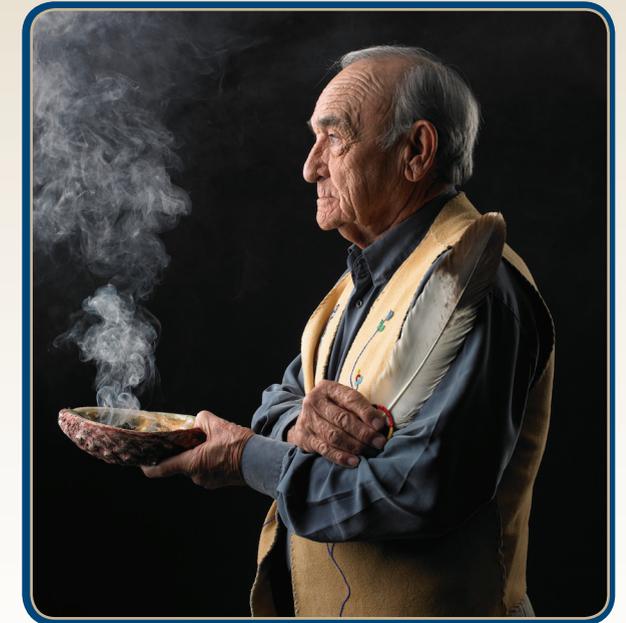
[www.gov.bc.ca/arr/services/guide.html](http://www.gov.bc.ca/arr/services/guide.html)

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# Aboriginal Health

Advance Care Planning:  
Respecting Indigenous Ceremonies and Rites



Supporting access to appropriate health-care services for First Nations and Indigenous peoples



Many First Nations and Indigenous cultures view death as a natural part of our life cycle with ceremonies and rites marking them. Care and planning must be respected and sensitive to these specific medical treatments, spiritual and traditional ceremonies.

## What is advance care planning?

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Advance care planning is the process of thinking about, talking over, and writing down your future health and spiritual care and ceremonial wishes (choices) or instructions.



## What is an advance care plan?

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It is a plan that you make about your future health and spiritual care and ceremonial choices. The plan should be made when you are still able to decide for yourself.

## What is My Voice?

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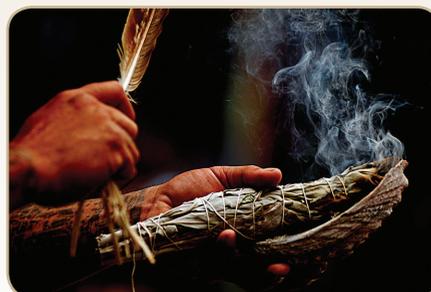
*My Voice* is a guide to help you talk to family members and health care providers about your wishes for future health care. The back of the guide is a workbook to help you write your plan.

## Why is advance care planning important?

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End-of-life ceremonies help describe and line up the First Nations and Aboriginal spirit, body and mind with the Creator. The province of British Columbia recognizes these culturally-diverse ceremonies are important rites for First Nations and Aboriginal patients and families.

*My Voice* helps you give direction on the cultural, spiritual and ceremonial rites important to you. Your plan will provide instructions to your family members and health care providers about your personal choices.



## Where can I express my specific cultural health-care choices?

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If you have specific health-care choices, they can be written down in the section called My Beliefs, Values and Wishes on pages 30-31. This may include the use of traditional medicines, Elders and healers for end-of-life ceremonies.

On the same pages, you can provide specific instructions for traditional ceremonies such as smudging, sage burning and spiritual bathing.

## Who do I share my advance care plan with?

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You should share your plan with your close family members who may be asked to make health-care decisions on your behalf, and any others so they can help perform your ceremonial wishes.

If you want to choose the person who could be asked to make health decisions for you, then you



must make a Representation Agreement. The form to do this is in the back of *My Voice*.

Be sure to share copies of your plan and Representation Agreement (if you make one) with your health-care providers and your family doctor. This will ensure your health care, spiritual care, and ceremonial choices are known and respected.

## Ceremonies

Spirituality can be expressed through traditional ceremonies and rituals. Ceremonies can also help and strengthen family members through their time of need.