SPEAK UP...
Let’s start talking about the end of life care for you or for your loved ones.

Advance Care Planning
For more information about Advance Care Planning, please visit the website
www.advancecareplanning.ca

Other resources:
Advocacy Centre for the Elderly
Tel. (416) 598-2656
www.acelaw.ca

National Initiative for Care of Elderly (NICE)
Tel. (416)-978-0545

Canadian Hospice Palliative Care Association
c/o Speak Up
Tel. (613)-241-3363

Long Term Care/Home & Community Care
29 Cao Lane
Ohsweken, On
N0A 1M0

Phone: 519 445 0077
Fax: 519 445 4914

Palliative Care
Six Nations of the Grand River

MODEL FOR ABORIGINAL PALLIATIVE CARE

A Guide to Advance Care Planning
THINK ABOUT WHAT IS RIGHT FOR YOU

Begin by reflecting on your values, beliefs and understanding about end-of-life care or specific medical procedures, such as drug therapies, cardiopulmonary resuscitation or dialysis.

If possible would I prefer to die at home, in a hospice or hospital? What might change my mind about my choice? Do I want or not want certain medical interventions such as resuscitation or feeding tubes if I am unlikely to survive or live independently? Why would I want or not want these procedures?

Who Should Make An Advance Care Plan?

Every adult should make a plan. You cannot predict how or when you will die, so having a plan ensures that others know your wishes and that your voice will be heard if you cannot speak for yourself.

The Benefits of Advance Care Planning

Provides peace of mind for your loved ones. You are assured that your voice is heard. Your plans give direction to your family.