

# Speak Up

Start the conversation  
about end-of-life care

It's about conversations.  
It's about decisions.  
It's how we care for each other.

# Speak up

Advance Care Planning

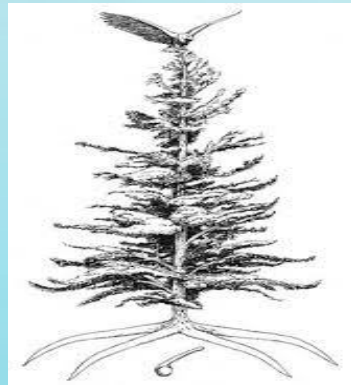


# Six Nations Palliative Care Program



## Mission

Six Nations Health Services is dedicated to ensuring that each individual is respected and treated as a valued human being by providing, promoting, protecting and advocating holistic health home and community care services for current and future generations of the Six Nations Community



## Vision

“ To provide compassionate , and comprehensive end of life care to individuals living in the community of Six Nations” .



# What is Advance Care Planning

Advance care planning is a process of reflection and communication, a time for you to reflect on your values and wishes, and to let others know your future health and personal care preferences in the event that you become incapable of consenting to or refusing treatment or other care.

Advance care planning means having discussions with family and friends, especially your **Substitute Decision Maker** – the person who will speak for you when you cannot. It could also include writing down your wishes, and may even involve talking with healthcare providers and financial and legal professionals.

# Advance Care Planning

Who should make an advance care plan?

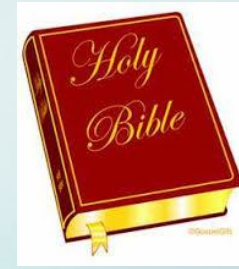
Every adult should make a plan. You can't predict how or when you will die, so having a plan ensures that others know your wishes and that your voice will be heard if you can not speak for yourself.

Benefits of Advance Care Planning

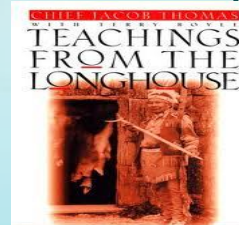
- Peace of mind for your loved one
- Knowing your voice is heard
- A gift to your family



# Making an Advance Care Plan



Advance care planning is a process , not just a document. It's conversations that you have with close family and friends about your values and beliefs as well as the medical procedures that you want and don't want at the end of life.



## Think about what's 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.

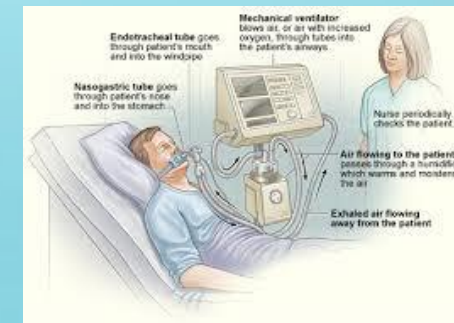
- If possible would I prefer to die at home, in a hospice, or in the hospital. What might change my mind about my choice?
- Do I want or not want certain medical interventions ( i.e. ) resuscitation or feeding tubes, if I am unlikely to survive or live independently? Why would I want or not want these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





# Making Advance Care Plan

- ❑ Learn about end-of-life options and procedures
- ❑ Decide who will make medical decisions on your behalf should you become incapable of doing so.
- ❑ Start the conversation with your Substitute Decision Makers, your family and if needed appropriate professionals. Write your plan down, make sure that your Substitute Decision Maker has a copy.
- ❑ Document your wishes



# Most Important REASONS WHY You Should Make out a WILL

- Making a Will ensures that your wishes are made out and your loved ones are looked after.
- Appoint an Administrator.
- Appoint your Power of Attorney for Personal Care.
- Appoint Power of Attorney for Property.
- Appoint a Guardian for minor children.
- Estate Planning.
- Financial Assets
- Funeral Planning





# Six Nations Palliative Care Program



Speak up , lets start the conversation about the end -life- care for our loved ones  
Creator's gift to us







## Just Ask

- ❑ For more information about Advance Care Planning , please visit the website at : [www.advancecareplanning.ca](http://www.advancecareplanning.ca)
- ❑ **Six Nations Long Term Care/ Home & Community Care** 29 Cao lane, P.O. Box 5000, Ohsweken, ON. N0A 1M0 Telephone: (519) 445-0077
- ❑ **Six Nations Palliative Care Program** 29 Cao lane, P.O. Box 5000, Ohsweken, ON. N0A 1M0 Telephone: (519) 445-0077
- ❑ **Stedman Community Hospice**  
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