

WHY ADVANCE CARE PLAN?



It can help meet all your care needs.

It reduces unwanted health treatments, care or healings.

If you are not able to make decisions for yourself, Advance Care Planning helps guide your decision maker.

It can lessen your loved ones and your community's stress, anxiety and guilt.

It can help your community respect your wishes.

It can lessen conflict or arguments.

It provides you the opportunity to choose your substitute decision maker.

It can aid in navigating western medicine.



Entering the health care system, for example going into the Hospital, can be overwhelming and stressful. Advance Care Planning encourages you to talk about what is important to you before you get seriously ill.

For more information contact www.advancecareplanning.ca



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Canadian Hospice Palliative Care Association
Association canadienne de soins palliatifs



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