



My
Advance Care Planning
Mini Guide

This is not a Legal Document – This booklet contains information on your wishes and preferences only

Advance Care Planning involves sharing your wishes and preferences with people who are important to you if you become unable to speak for yourself. It ensures that your healthcare preferences are known and respected, even when you cannot communicate them. This plan will record that for you, so you can choose decision makers that you trust

Wishes ~ are your hopes and desires about your health and personal care

Preferences ~ are the choices you would want in various situations

Answer the following questions based on how you feel today, keep in mind, your answers and choices can change at any time

Values and Wishes

What does a great day look like and what activities would you be doing:

Who do you enjoy spending time with:

What religious/spiritual beliefs/traditions are important to you and that you would like to share:

Now that you have shared what is important to you, what would be most important to you if you became ill. What matters most in your care if you were to end up in hospital, emergency or a experiencing a more serious illness. *Your answers can always change*

Diagnosis ~ How much would you want to know about it and the treatment

Pain Management ~ How would you like your pain to be managed

Privacy ~ Any requests



Support ~ Personal care, meals, mobility, visitors

Are there any individuals you would not like to see

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My Support Network

Your support network should consist of people who are there for you to provide support when you need help. This could include family, friends, neighbours, healthcare teams, community groups, spiritual leaders to name a few.

Who do you always look forward to connecting with

Who do you go to for emotional support, physical support and friendship. Choose people/services for each category

Emotional Comfort

Physical Assistance

Friendship



Decision Maker(s)

Once you have decided on your support network, now it is time to think about your decision maker(s). If you have one person in mind, it may be a good option to have a back up person as well

Name 3 emergency contacts

Name	Contact Information
Back Up Person	

Looking at the 3 contacts above, who do you would think would be the best at making choices based on your wishes and preferences

Things to consider...

Will these choices be calm during stressful situations? Will they be able to understand how you are feeling? Are they good decision makers? Do you trust this person to advocate for your wishes and preferences?

Once you have your decision maker in place, you will need to learn more about legally appointing them.

Sharing your Wishes

Start sharing with your decision maker(s), your support network and your healthcare professional. This will help them support your wishes and preferences. Sharing your wishes and preferences can be hard and emotional, but it will help for everyone to know what you would like in place should an illness present itself or an accident happens

You may want to revisit this from time to time as your family or friendship dynamics change or any other changes in circumstances

Let's get it all organized

Your ***Advanced Care Plan*** and all legal documents should be in one place and easily accessible for your decision makers.

My Advanced Care Plan will be stored (include location, password, key location and contact information)

Create a list of documents and where they are kept

- ☐ Will
- ☐ Support network contact list
- ☐ Lease/Deed/Mortgage
- ☐ Finances
- ☐ Identification
- ☐ Vehicle Information
- ☐ Marriage License
- ☐ Insurance Policies
- ☐ Income Tax Documents
- ☐ Military Documents
- ☐ Safety Deposit Box Information
- ☐ Lawyer Contact Information
- ☐ Funeral/Burial Information/Cemetery Plot Documents
- ☐ Creditor Information
- ☐ Usernames and Passwords
- ☐ Other

Lets make it Legal

You have a plan and decision maker(s) and now you will need to legally appoint them. This Advanced Care Plan is **not a legal document**. Decision makers are also legally referred to as a Proxy, Representative or Power of Attorney for Personal / Financial care. How they are referred to may vary Province to Province

For more information you can visit www.advancecareplanning.ca/acp-basics/acp-and-the-law



Some additional items to discuss with Legal Professionals

- ☐ Estate Planning
- ☐ Write/update your will – name executors and beneficiaries
- ☐ Consider a trust for larger more complex estates
- ☐ Review / update beneficiary designations for life insurance, RRSP's, Pensions, Bank Accounts
- ☐ Prepare a list of assets and debts – share location with executor
- ☐ Health and Medical Directives
- ☐ Complete a Living Will / Healthcare Directive
- ☐ Appoint a Healthcare Proxy/Power of Attorney
- ☐ Register as an Organ Donor
- ☐ Other

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Things to do

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Work in Progress

Review and update every 3 to 5 years or after any life changes, marriage, divorce, births, deaths, major purchases, financial gains/losses etc.



Disclaimer

This workbook and Advanced Care Planning Mini Guide is intended for personal reflection and legacy storytelling only. It is NOT a legal document and should not be used as a substitute for formal legal, financial, or estate planning

To ensure your final wishes are properly documented, protected and legally upheld, please consult with your estate lawyer, estate accountant, financial planner, financial institution, etc. They can help you formalize and validate all legal, financial and administrative aspects of your estate planning



It is our pleasure to offer you this complimentary Advanced Care Mini Guide. Visit our website to learn more about documenting your life story and how to bring it to life

www.mylegacystudio.ca

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