

Advance Care Planning

A gift for yourself, a gift for your family

Advance care planning (ACP) is the process of thinking about, talking about and documenting your wishes for your healthcare. This process can ensure that your wishes are known, no matter what the future holds and can bring comfort and peace of mind to you, your family, and to those who may have to make healthcare decisions on your behalf.

Who is advance care planning for?

- everyone over the age of 18
- when you are facing changes in your health, such as a chronic illness or before you experience a crisis or become seriously ill

5 simple steps to advance care planning

- 1) think about your values/wishes
- 2) learn about your own health
- 3) choose someone you trust to make healthcare decisions for you
- 4) communicate your values/wishes
- 5) document in a personal directive

Benefits of advance care planning

For now

- By going through the 5 steps of ACP, you will be better prepared to participate in healthcare decisions that need to be made based on your current health.
- You will have peace of mind knowing that the decision-maker you want will be the one to make decisions for you if you can't make them for yourself.

For the future

- By having ACP conversations, your decision-maker will be better prepared to make decisions for you should you ever be unable to speak for yourself.
- ACP helps your decision-maker to honor your wishes and helps you feel confident they are making the right decisions for you.

What is a Personal Directive (PD)?

A personal directive is a legal document in Alberta that makes your advance care plan legal (under the Personal Directives Act). It allows you to name a person (agent) you trust to make personal and healthcare decisions and write down healthcare wishes that you want followed. Your personal directive only comes into effect if you lose the capacity to make your own decisions.

What do I do with my PD?

Your personal directive is kept in your Green Sleeve. When you move throughout the healthcare system, your Green Sleeve should go with you so that healthcare providers know about the decisions you have made and your Goals of Care Designation (GCD).

To obtain a Green Sleeve, ask your healthcare provider.

For more information on advance care planning:

ahs.ca and search advance care planning

For more information regarding personal directives:

alberta.ca/office-public-guardian-trustee.aspx