


What is Advance Care Planning?


 **Advance Care Planning (ACP)** is the process of thinking about what matters most to you in your life and what that means for your health and personal care. ACP helps you share your wishes and preferences with the people who are important to you so they can help make sure you get the care you want.

 **What are wishes and preferences?**


Your **wishes** are your hopes and desires regarding your health and personal care. Your **preferences** are the specific choices you would make in various situations. By sharing these with your loved ones, you help them understand and respect the decisions you would make for yourself.

 **Why create an advance care plan?**

Advance care planning is part of life planning and can help everyone, including healthcare providers, understand your goals so that the care you receive respects your wishes and preferences. It is an important step in taking control of your healthcare journey because it allows you to express your wishes and what is important to you. Sharing your wishes can help your support network feel more comfortable expressing them if needed.

 **Who is ACP for?**

Everyone! ACP is for people across Canada, from young to old, of all abilities. It is for people in good health and those who have health needs.



How to Get Started



When you are ready to make your plan, Advance Care Planning Canada is here to help you:

- **Think** about what is important to you.
- **Learn** about the care you want.
- **Choose** decision makers that you trust.
- **Share** your wishes and preferences so the right people know what you want.
- **Record** your preferences and decision maker(s).



Visit www.advancecareplanning.ca for more information and resources to help guide you through the process.

email: info@advancecareplanning.ca, or scan the QR code.

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