



## Advance Care Planning

### Making Future Health Care Decisions

Advance care planning is the process of thinking about, and writing down, your wishes or instructions for future health care treatment in the event you become incapable of deciding for yourself. Advance care planning gives you a voice and also gives your family or friends the knowledge and tools they may need to make decisions on your behalf.

### Questions to think about when planning for your future health care needs:

**Have you written down your beliefs, values and wishes?** Writing down your beliefs, values and wishes for future health care is an advance care plan. Your advance care plan lets others know what the decisions are that you would make for yourself.

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**Do your family, friends and health care providers know what your health care wishes are?** By planning ahead, you provide your health care team and loved ones with information to guide them in your care and ease the burden of your loved ones at a difficult time.

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**If you were no longer capable, who would you want to make health care or financial decisions on your behalf?**

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**Do your loved ones know where all your vital documents are? (e.g. your will, insurance or advance care planning documents)**

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**What health care treatments would you want to agree to, or refuse, if a health care provider recommended them to you?** Think about your beliefs, values and wishes, as well as possible scenarios, and talk about them with family or friends, and health care providers.

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**Are you registered on the BC Transplant organ donation registry?** For more information about the registry, visit [www.transplant.bc.ca](http://www.transplant.bc.ca) or call BC Transplant at 1-800-663-6189.

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**Would you accept or refuse life support and/or life-prolonging medical interventions? For which conditions and when?** Some of the hardest decisions deal with the use of life support and life-prolonging medical interventions. Your advance care plan can address different situations, such as your hospital care during and after routine surgery, care in the event of an accident, or end-of-life care decisions.

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**For more information and resources to help you plan see:**

[Advance Care Planning](#) (link)

[My Voice: Expressing My Wishes for Future Health Care Treatment](#) (link). This workbook includes pages and forms you can use if you wish to make an advance care plan, representation agreement and/or an advance directive.

[BC Transplant](#) (link)

[Planning for Healthy Aging](#) (link)