

Speak Up



It's about conversations. It's how we care for each other.



www.advancecareplanning.ca



I have had Advance Care Planning talks with this person. **Please contact:**

Name: _____

Relationship: _____

Phone #: _____



Follow these **5 steps** to advance care planning...



1. THINK

About what your values, wishes, and beliefs are, including your understanding of your care and cancer treatment.



2. LEARN

About different treatments and what they can and can't do.



3. DECIDE

Who will be your substitute decision-maker. Who is willing and able to speak for you if you can't speak for yourself?



4. TALK

About your wishes with your substitute decision-maker, loved ones and health care team.



5. DOCUMENT

Your wishes by writing them down in a Health Care Directive or a Goals of Care form.

I have a Health Care Directive (HCD)

Name: _____

Doctor: _____

Location of HCD: _____

Have you talked with your loved ones? Yes No

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Visit www.myspeakupplan.ca to download a workbook and start your plan now.