

Advance Care Planning: Goals of Care Team



An introduction to Advance Care Planning
Planning now for future health care decisions

(403) 943-0249

<http://www.albertahealthservices.ca/services.asp?pid=service&rid=1023351>

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Decisions

We make important decisions throughout our lives, regarding...

- Our education and training
- Our career
- Where we live
- Our relationships and our families





Planning Documents

	Decisions made by the individual	Decisions made by the court
...while the Individual is alive		
Personal Decisions	Personal Directive <i>Agent</i>	Guardianship <i>Guardian</i>
Financial Decisions	Enduring Power of Attorney <i>Attorney</i>	Trusteeship <i>Trustee</i>
...after death		
Financial Assets	Will <i>Executor</i>	Intestate Succession Act <i>Administrator</i>

The court would only award guardianship or trusteeship if a person was incompetent, and had not written a Personal Directive or an Enduring Power of Attorney.

For more information go to www.seniors.gov.ab/opg

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What people are saying



"If I don't talk about it and it's not written down, how will anyone know my wishes? I think it would be frustrating if I were unable to communicate with anyone, and there were things that I really wanted or didn't want."



An Advance Care Plan...

Who should do one?



Seniors

Those living
with chronic
conditions



All adults





Advance Care Planning...

Involves the following activities:

1. **Think** about your values regarding health care
2. **Learn** about the medical information that is relevant to your situation
3. **Choose** someone to speak on your behalf
4. **Communicate** your wishes and values to your Agent(s), loved ones and healthcare providers
5. **Document** your preferences

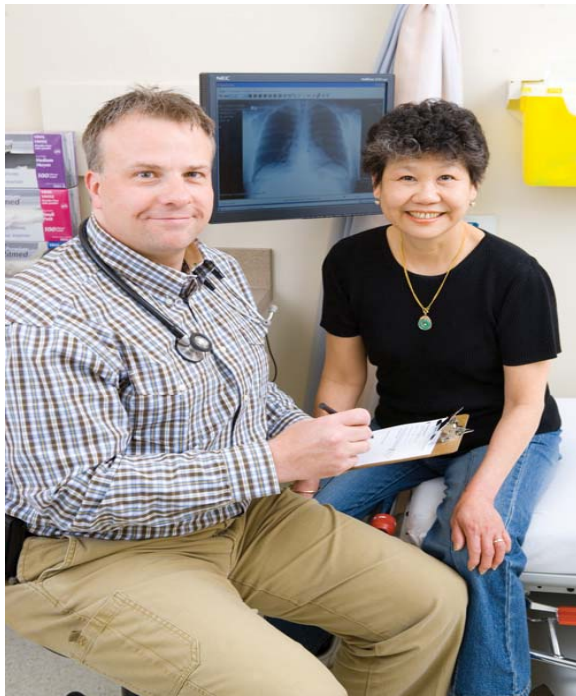


1. Think about your values

- Do you have spiritual, cultural or religious beliefs that may influence the medical procedures you want, or would not want?
- What does quality of life mean to you?
- Would you like to talk to someone about these issues? (For example: spiritual leader, social worker, counsellor)



2. Learn relevant medical info



Talk to your medical care providers to get the information you need to make informed decisions.



If you are healthy:

- What medical interventions would you want/not want if you were to have a medical emergency?
- Think about situations that you hear about in the news or other media. What you would want if a similar thing happened to you?



If you have a medical condition:

- What do you know about your health condition?
- Do you know the treatment decisions you may need to make in the future?
- What procedures would you want/not want if you were to have a medical emergency?



If you have a life limiting condition:

- What gives your life meaning?
- What makes each day enjoyable to you?
- What would be important to you as you near the end of your life?
 - Physically
 - Emotionally
 - Spiritually



3. Choose someone...

To speak on your behalf, who:

- Is at least 18 years old
- Will respect your values, beliefs and goals
- Communicates well with family and healthcare providers
- Agrees to be your representative (This person would be called your Agent if you name them in your Personal Directive)



4. Communicate your wishes



- Talk to your family and loved ones to ensure they know and understand your wishes.
- Discuss your wishes with your healthcare providers.



5. Document your preferences...

in a Personal Directive, or other type of advance directive such as the “My Voice” workbook.

Give copies to:

- Your Agent
- Your healthcare providers
- Your family
- Others



Ask them to bring your documents to the hospital if you are admitted.



Preparing your documents

- What documents have you completed? (Personal Directive, “My Voice” workbook, Enduring Power of Attorney, Will)
- Have you given copies of your documents to those people who should have them? (physicians, Agent, family, friends, etc.)
- When is the last time you reviewed these documents? Do they need to be updated? Are there any changes you want to make?



Review and revise...

your advance care plan:

- When there is a change in your health status
- When there is a change in your treatment location
- If you change your mind about your preferences
- When new information is available
- Annually





Resources

The collage features several resources from the Calgary Health Region:

- “My Voice” Standard Brochure:** A large document titled "MY VOICE (STANDARD FORM) a workbook and personal directive for advance care planning". It includes sections like "WHAT IS ADVANCE CARE PLANNING?", "Planning your care while you are healthy is a good idea...", "TALKING ABOUT YOUR WISHES", and "What is Advance Care Planning?".
- “My Voice” Short:** A smaller document titled "MY VOICE (SHORT FORM) a workbook and personal directive for advance care planning". It includes the heading "WHAT IS ADVANCE CARE PLANNING?" and a section on "making choices about future healthcare important to your health concerns".
- Poster:** A large poster titled "MY VOICE – PLANNING AHEAD" with the central question: "How can someone make decisions for you if they don't know what you want?". It also says "Advance care planning... Think about your wishes. Talk to your loved ones. Make sure they understand your wishes. Write it down." and "“my voice” workbook introduction".
- “My Voice” Brochure:** A smaller brochure titled "MY VOICE – PLANNING AHEAD" with the heading "ADVANCE CARE PLANNING FOR FUTURE MEDICAL DECISIONS".
- Information for Representative and Agents:** A document titled "INFORMATION FOR REPRESENTATIVE AND AGENTS" with the heading "ADVANCE CARE PLANNING FOR FUTURE MEDICAL DECISIONS".
- Wallet Card:** A small card titled "WALLET CARD" with the heading "IN CASE OF EMERGENCY". It includes fields for name, address, phone, and other contact information.
- Agent Card:** A card titled "MY VOICE – PLANNING AHEAD" with the heading "ADVANCE CARE PLANNING PROGRAM". It includes contact information: "Phone: (403) 943-0249" and "www.calgaryhealthregion.ca/advancecareplanning".
- DVD:** A DVD case titled "MY VOICE – PLANNING AHEAD" with the heading "ADVANCE CARE PLANNING PROGRAM". It includes the same contact information as the agent card.



Questions?

For more information:

Call us at (403) 943-0249

Visit our website:

<http://www.albertahealthservices.ca/services.asp?pid=service&rid=1023351>

Email us at:

myvoice@albertahealthservices.ca

