



ADVANCE CARE PLANNING

A LIFE WELL LIVED IS A LIFE WELL PLANNED!

- **What is Advance Care Planning?**

It's how we care for each other. Advance Care Planning is a process of reflection and communication. It is a time for you to reflect on your values and wishes, and to let people know what kind of health and personal care you would want in the future if you were unable to speak for yourself. It means having discussions with family and friends, especially your Substitute Decision Maker – the person who will speak for you if you cannot speak for yourself. It may also include writing down your wishes, and talking with healthcare providers and financial or legal professionals.

- **Why is it important?**

Your wishes and values will be honoured if the time comes when you cannot speak for yourself.

We must acknowledge the challenges that we are facing with COVID-19. With the pandemic, now more than ever, it is important to have these conversations. We are in a time where no one knows what will happen and are constantly reminded of how fragile life really is.

TALK TO THOSE AROUND YOU

It's not always easy; some need help to begin these difficult conversations. The "Speak Up" initiative has a website for the province of Ontario (www.speakupontario.ca), full of information, tools, and prompts to help with starting these conversations.

JOIN THE CONVERSATION

Hospice Simcoe facilitates chat forums and presentations that are open to the public. We share information and resources, having great discussion around Advance Care Planning. We would love for you to join us to chat about this important topic. Watch our website and social media for updates on upcoming chats and presentations.

Staff is also available to provide support with the Advance Care Planning process. Please feel free to reach out at **(705)725-1140**. In the meantime, let's make these conversations happen, take care ourselves and take care of each other.



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01

Do you know who would make health care decisions for you if you are no longer able to?

02

Have you had conversations with your friends, family members and health care providers about what your values and wishes are regarding your health care/what quality of life means to you?

03

The best time to plan for future healthcare choices is before a medical crisis occurs. It is more important than ever that your Substitute Decision Maker(s) (SDM(s), family and healthcare team understand what matters most to you in the event that you become seriously ill.

INFORMATION & RESOURCES

[Advance Care Planning Workbook: Ontario Version](#)

[Conversations with High Risk Community-Based COVID-19 Patients](#)

[Conversations with Patients in LTC at Risk of COVID-19](#)

[Conversations with Patients in LTC who have moderate COVID19](#)

[Engaging in Advanced Care Planning for COVID-19](#)

[Goals of Care Discussion: Talk Dying to Me \(7 minutes\)](#)

[Goodbye Phone Conversation Script](#)

[Guide for Conversation with COVID-19 Patients](#)

[Information for a Substitute Decision Maker](#)

[Person-Centred Decision-Making: Resource for healthcare providers](#)

[Providence Health Care \(19 minutes\)](#)

HOSPICE SIMCOE IS HERE TO HELP

Community Support Program: (705)725-1140

Residence: (705)722-5995

