My Advance Care Plan: My wishes for care at the end of Life



There are some circumstances when an injury or illness cannot be reversed or cured. In some cases medical procedures, called **interventions**, will only prolong life and delay death. These procedures could include mechanical ventilation, tube feeding, intravenous fluids or other treatments (see our Word List on pages 11 and 12 of this workbook for more information). It is important to think about your wishes should you have a life limiting condition that cannot be reversed or cured. Would you want to be treated with these types of medical procedures?

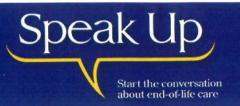
You may also have other wishes related to your care at the end of life – such as specific spiritual rituals you may want to have performed or to have music playing. You can use the questions below to document your wishes for care.

Consider answering the following questions to help guide you and your Substitute Decision Maker(s) in discussions. Remember that you can change your mind at any time – just be sure that you communicate any changes to your Substitute Decision Maker(s).

1. What do I value most in terms of my mental and physical health? (For example, being able to live independently, being able to recognize others, being able to communicate with others.)

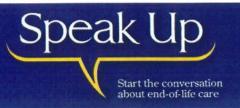
2. What would make prolonging life unacceptable for me? (For example, not being able to communicate with those around me, being kept alive with machines but with no chance of recovery, not having control of my bodily functions.)

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3. When I think about death, I worry about certain things happening. (For example, struggling to breathe, being in pain, being alone, losing my dignity.)		
4. If I were nearing death, what would I want to make the end more peaceful for me? (For example, family and friends nearby, dying at home, having spiritual rituals performed.)		
5. Do I have any spiritual or religious beliefs that would affect my care at the end of life? (For example, certain beliefs about the use of certain medical procedures.)		

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Other wishes and thoughts. (Write down anything that wou you at the end of life.)	ld help others understand and support
Note: You might also consider using the following tools to help	you better understand your wishes:
Ottawa Hospital Research Institute Patient Decision Aids: fea a range of illnesses and treatments. http://decisionaid.ohri.ca/index.html	tures an A-Z directory of decision aids or
CANHELP is a tool that measures both what is important to a satisfied they are with that aspect of care. When the questions the end of life, the caregiver or a health professional), a custoguidance for communicating wishes to the health care team. http://www.thecarenet.ca/index.php?option=com_content&vi	aire is completed (by the patient nearing omized report is produced that provides
My other planning documents:	
In addition to this Advance Care Plan, I have also completed the (check all that apply, and note the location of each document)	following documents:
Written statement of my wishes about health care (e.g., Living Will, hand written note)	Location:
Power of Attorney for Personal Care	Location:
Power of Attorney for Property	Location:
Will	Location:
Other (e.g., organ donation, specific bequests)	

Location:

Location:

Name of Document:

Name of Document:

Speak Up Start the conversation

Now that you've made your plan...

Congratulations on beginning the process!

Now that you've made your plan, it's time to tell others about it.

Continue the conversation about end-of-life care.

Talk to your future Substitute Decision Maker(s) about your plan and your wishes. They may have questions about your wishes about future care or want more details about what you have written in your plan. That conversation can give them the information and confidence to make decisions about your care during a difficult time.

Talk to your family members and friends – they need to know your wishes if you cannot communicate for yourself. Share your conversation and wishes with your doctor and health care providers as you see fit. Talking now will help reduce any anxiety and will help them better understand and honour your wishes at the end of life.

The choices you make at the end of life – for yourself and others – are important. Make sure that your voice is heard.

For more information about advance care planning, please visit:

www.advancecareplanning.ca



