

Northern Health Palliative Care

HOT TIP ~ May 2016



5 Steps of Advance Care Planning

THINK

- Think about what's right for you.
- What's most important to you about your end-of-life care?

LEARN

- Learn about the different medical procedures that may be offered at the end of life.
- Some may improve your quality of life, others may only prolong the dying process.

CHOOSE

- Choose your Substitute Decision Maker.
- Choose a loved one who is willing and able to speak for you if you can't speak for yourself.

TALK

- Talk about your wishes with your Substitute Decision Maker, loved ones and health care provider.

RECORD

- Record your end-of-life wishes – write them down, record them or make a video.

Reference: <http://www.advancecareplanning.ca/wp-content/uploads/2015/09/HCP-5-Steps-EN.pdf>

More information on the NH PC Program and registration forms can be found at www.northernhealth.ca; Our Northern Health > Clinical Programs and Services > Palliative Care or contact your local Palliative Care Nurse Consultant.