

2. Talk about your wishes and find someone to represent you to express your wishes if you are unable to communicate.

Talk with people you trust and discuss your wishes with them. Choose someone who will speak for you and respect your end of life choices to the best of their ability and provide them with a written copy of your advance care plan.

3. Become informed about end of life options, choices and medical interventions

Educate yourself about end of life care to enable you to make informed end of life choices. Canada has a number of organizations that provide excellent educational resources on end life care.

4. Reassess your advance care plan regularly.

Changes are an inevitable part of life. Plans can change as well. What seemed right last year may no longer be relevant today or your feelings may have changed.

Resources and helpful toolkits for Advance Care Planning: <http://www.advancecareplanning.ca/>

Advance Care Planning Form

Fill in the form and provide a copy to your Substitute Decision Maker, family members, your doctor and any other health or legal professionals.

First name: _____ Middle Initial: _____

Last name: _____

Date of birth: _____

Address: _____

Telephone number: _____ Mobile number: _____

e-mail address: _____

The following people are aware of and have copies of my plan.

Name	Relationship to me	Contact Information
_____	_____	_____
_____	_____	_____
_____	_____	_____

What my wishes are for end of life treatment if I am unable to communicate.

Date signed: _____

Organ Donation

Organ donation instructions can also be thought of as a kind of will. The decision to donate your organs upon death is a personal choice to be made by you, preferably in consultation with your family. Should you choose to do so, your close relatives should know your wishes and the location of your organ donation authorization so that proper action to preserve your organs can be taken immediately upon your death.