

Advance Care Planning – A Gift for your Family!

When you speak up and start a conversation with your family about end of life care, it can be a true gift to your family.

Imagine - one day, you find yourself in a hospital, unable to communicate. Who would speak for you and make health care decisions for you? Will they know what your wishes are?

If you talk about your wishes for future health care, it helps relieve the stress and anxiety your family will feel if they are asked to make decisions on your behalf.

Research indicates that patients who have end-of-life conversations with their doctors and family members are much more likely to be satisfied with their care, will require fewer aggressive interventions at the end of life, place less of a strain on caregivers and are more likely to take advantage of hospice resources or die at home.

Five Steps to Advance Care Planning:

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

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

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

Talk about your wishes with your Substitute Decision Maker/Delegate, loved ones and doctors

Record your end-of-life wishes – in your Personal Directive. advancecareplanning.ca nshpca.ca
Nova Scotia has legislation which guides how to name a Delegate and record your wishes for future health and personal care.

For more information and a workbook go to www.NSHPC.ca

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