

How much do you know about advance care planning? Complete this quiz to find out!

1. Advance care planning is:
 - A. Preparing a legal document called a will
 - B. Discussing, planning, and documenting your wishes for your health and personal care
 - C. Deciding who will make financial decisions for you if you are unable to
 - D. Making funeral arrangements
2. In Alberta, advance care planning documents are kept in a green plastic folder called a Green Sleeve. Which of the following documents should be kept in a Green Sleeve? (Select all that apply.)
 - A. Personal directive
 - B. Will
 - C. Tracking record
 - D. Goals of Care Designation order
3. A personal directive is only used if you are too sick or injured to make personal and healthcare decisions for yourself.
 - A. True
 - B. False
4. You can change your personal directive after it has been completed.
 - A. True
 - B. False
5. What is the person you name in a personal directive to make personal and healthcare decisions called?
 - A. Personal representative or executor
 - B. Attorney
 - C. Agent
 - D. Advisor



6. A copy of your advance care planning documents should be provided to your agent(s), the people you trust, and the healthcare providers involved with your care.
 - A. True
 - B. False
7. A Goals of Care Designation order: (Select all that apply.)
 - A. Provides medical instructions to your healthcare team on how you wish to be cared for
 - B. Is mainly written for those with a serious illness
 - C. Cannot be changed more than once
 - D. Is written and signed by a healthcare provider
8. When is the best time to do advance care planning? (Select all that apply.)
 - A. If you have a serious illness
 - B. When you're updating other important legal documents like your will
 - C. After important life changes like becoming a parent or getting married
 - D. When you are in good health



Answer key with resources for further learning:

1. **The correct answer is "B."** Advance care planning is **discussing, planning, and documenting your wishes for your health and personal care.**

There are five steps in the advance care planning process: think, learn, choose, communicate, document. For more detail on these steps, read our page on [how to begin advance care planning](#).

- Preparing a will is part of estate planning.
- Deciding who will make financial decisions for you if you are unable to is done through a legal document called an enduring power of attorney.
- Making funeral arrangements is not part of advance care planning although it is an important way to prepare for the future.

Visit our [plan ahead](#) page to learn more about these processes.

2. **The correct answers are "A, C & D."** The **personal directive, tracking record** and **Goals of Care Designation order** are kept in a Green Sleeve. It provides easy access for you and your healthcare providers to the most important documents related to your health. You should take it with you to your medical appointments; when it is not being used it should be kept on top of or near your fridge as paramedics are trained to look there for it.

- A will is needed for your property and possessions, not your health care, and is used after your death. See our [wills page for more information](#).

3. **The correct answer is "A (True)."** **A personal directive is only used if you are too sick or injured to make personal and healthcare decisions for yourself.** For more information on personal directives visit our [page on personal directives](#).

4. **The correct answer is "A (True)."** **You can change a personal directive after it has been completed as many times as you want.** It's important to keep your personal directive up to date if your wishes, values and beliefs evolve and after important life changes (e.g., new child, marriage), and to share it with the people you trust.



5. **The correct answer is "C."** An **agent** is the person you name in your personal directive to help you make personal and healthcare decisions if you are too sick or injured to do so. If you can make your own decisions, your agent is not able make them for you.
 - An attorney is named in your enduring power of attorney document (see our [enduring power of attorney page](#)).
 - A personal representative or executor is named in your will (see our [wills page](#)).
 - An advisor is a person who gives advice in a particular field such as legal, financial or estates to help you make important decisions in these areas.

6. **The correct answer is "A (True)."** **A copy of your advance care planning documents should be provided to your agent(s), the people you trust, and the healthcare providers involved with your care.** The more people who know what you want for your care, the better.

7. **The correct answers are "A, B & D."** A Goals of Care Designation order (GCD) **provides medical instructions to your healthcare team on how you wish to be cared for, is mainly written for those with a serious illness and is written and signed by a healthcare provider.** For more information about GCD orders please visit [our page on goals of care designation orders](#).
 - You can change your **GCD** order as many times as you want. To do so, talk to your doctor.

8. **The correct answers are "A, B, C & D."** The best time to do advance care planning is NOW. Whether you **have a serious illness**, are **updating important legal documents**, have gone through **important life changes** or are in **good health**, advance care planning is for every adult at any point in life. To start, visit our [advance care planning page](#).

