

Plan Ahead Checklist

May 2023

Life is unpredictable so it's important to plan ahead. Review and update your documents after life events (e.g., change in health, marriage) or as your goals and values change. Share these updates with the people you trust and/or your healthcare providers so that everyone knows what you want.

Health and Personal Planning			
✓	Date	I have...	Notes
		made a personal directive outlining my health and personal care instructions and who I want to make decisions for me if I can't (agent(s)).	
		talked about the instructions in my personal directive with my agent(s) and the people I trust and have given them a copy.	
		talked to my doctor about whether I need a Goals of Care Designation (GCD) order.	
		<ul style="list-style-type: none"> If "yes": my doctor has completed a GCD order for me with my input. 	
		put my personal directive and GCD order into a Green Sleeve and stored it on or near my fridge	
		thought about whether I need a supported decision-making authorization.	
		<ul style="list-style-type: none"> If "yes": I have chosen and authorized my supporter. 	
		thought about whether I want to be an organ and tissue donor.	
		<ul style="list-style-type: none"> If "yes": I have registered my intent to donate with the Alberta Organ and Tissue Donation Registry and told the people I trust. 	
Financial Planning			
✓	Date	I have...	Notes
		made an enduring power of attorney outlining my financial instructions and who I want to make decisions for me (attorney(s)).	
		talked about the instructions in my enduring power of attorney with my attorney(s) and the people I trust and have given them a copy.	
Estate Planning			
✓	Date	I have...	Notes
		made a will outlining how to distribute my possessions and property when I die and who will carry out these instructions (personal representative(s) or executor(s)).	
		talked about my instructions in my will and given a copy to my personal representative(s).	
		thought about what I want to happen to my body after I die and made arrangements for my funeral, memorial or ceremony.	

