

# 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 <b>personal directive</b> 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 <b>Goals of Care Designation (GCD) order.</b>	
		<ul style="list-style-type: none"> <li>If <b>"yes"</b>: my doctor has completed a GCD order for me with my input.</li> </ul>	
		put my personal directive and GCD order into a <b>Green Sleeve</b> and stored it on or near my fridge	
		thought about whether I need a <b>supported decision-making authorization.</b>	
		<ul style="list-style-type: none"> <li>If <b>"yes"</b>: I have chosen and authorized my supporter.</li> </ul>	
		thought about whether I want to be an <b>organ and tissue donor.</b>	
		<ul style="list-style-type: none"> <li>If <b>"yes"</b>: I have registered my intent to donate with the <b>Alberta Organ and Tissue Donation Registry</b> and told the people I trust.</li> </ul>	
Financial Planning			
✓	Date	I have...	Notes
		made an <b>enduring power of attorney</b> 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 <b>will</b> 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.	

