

Advance care planning is how you discuss, plan and document your wishes for the health care you want to receive now and in the future. It is for every adult at any point in life.

To start advance care planning, use the steps and resources below.

 <p>THINK about your values & goals</p>		The My Wishes Alberta workbook guides you to think through what is most important to you about your life, health and personal care.
 <p>LEARN about your own health</p>		Talk to your healthcare providers about any questions, symptoms or concerns you may have about your health. Here are some resources to help you ask important questions.
 <p>CHOOSE someone to make health & personal decisions for you</p>		This guide will help you understand what an agent is and what their responsibilities are so that you can choose the best person to make decisions for you if you become unable to.
 <p>COMMUNICATE your wishes to the people you trust & your healthcare team</p>		For help talking to others about what matters most to you in life and in your care, use the My Wishes Alberta workbook or one of these games and conversation starters .
 <p>DOCUMENT your wishes in a personal directive</p>		Read about what a personal directive is and how to make and update one.

Review and [update](#) your documents following important life events (e.g., health event, becoming a new parent) or as your goals, values and wishes evolve. Share these updates with the people you trust and your healthcare providers so that everyone knows how you want to be cared for.

For more information or to access the resources above, visit [CompassionateAlberta.ca](https://www.compassionatealberta.ca)

