

Advance care planning resources

My Wishes Alberta

A workbook to help people identify and share what is most important to them about their life, health and personal care. Find it on compassionatealberta.ca.

Plan Ahead Toolkit

A resource to help community organizations in developing and facilitating public education on health, financial and estate planning. Find it on compassionatealberta.ca.



My Wishes Alberta: Planning for My Care

A workbook to help you explore and share your health care wishes.



Plan Ahead Toolkit

A toolkit for organizations to support their communities to plan ahead.



MyHealth.Alberta.ca

Search “advance care planning” on this website for additional Alberta-specific information on advance care planning.

Covenant Health Palliative Institute

About Us

The Palliative Institute is a research, education and public advocacy hub that was established by Covenant Health in 2012.

The goals of the Palliative Institute are to ensure timely access to high quality palliative end of life care across Alberta and provide leadership and advocate for a national robust palliative end of life care system.

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Covenant Health
Palliative Institute



WHAT MATTERS MOST TO YOU?

Advance Care Planning in Alberta



What is advance care planning?

Advance care planning (ACP) is how you think about, talk about, and document the health and personal care you want now and in the future.

It is:

- For every adult at any stage in life
- Best done when you are healthy, before there is an urgent need for it

Why advance care planning is important

If you get sick or injured and cannot speak for yourself, advance care planning prepares you and others to make important decisions about your care. Thinking about what matters to you in advance can make a difficult time a bit easier for you and the people close to you.

How to do advance care planning

There are five (5) steps that guide you through the process:

1. Think about your values and goals

What makes life meaningful to you? If you were to get very sick, what would matter most to you?

2. Learn about your health

Talk to your healthcare providers about any questions, symptoms or concerns you may have about your health.

3. Choose someone to make health and personal decisions for you

This person is called your **agent** and can make decisions for you if you are too sick or injured to make them yourself.

4. Communicate your wishes to the people you trust & your healthcare team

When people know what's important to you in life and in your care, it helps them provide care in line with your wishes.

5. Document your wishes in a personal directive

This is a legal document where you record your agent and your health and personal wishes.

Review and update your documents following important life events 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.

When to do advance care planning

