

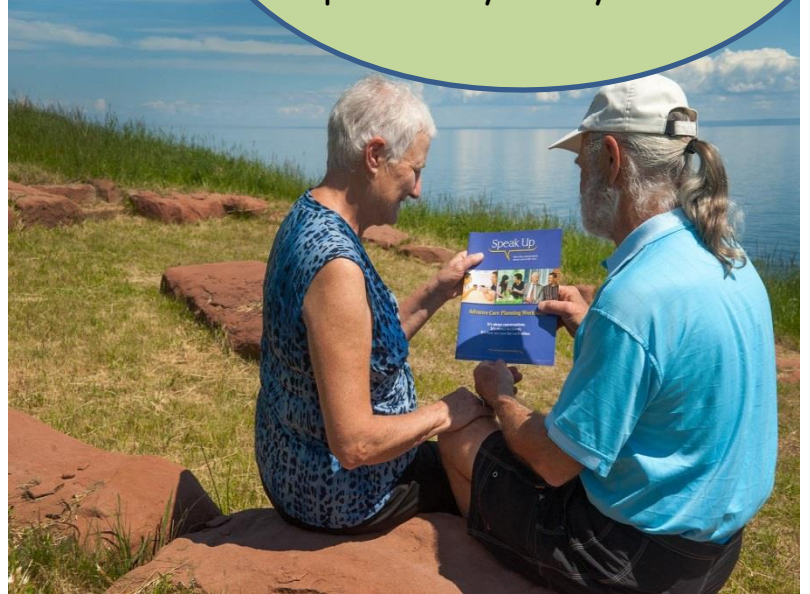
# Advance Care Planning?

It's about having conversations. It's about your values, wishes and preferences for care. It's about who will speak for you if you can't.

Who needs to do an Advance Care Plan?

**Everyone.** You never know when you may face an unexpected event or illness and will be unable to make your wishes known.

Accident, illness, sport injury, terminal diagnosis



Have the Conversation

Is it awkward? Maybe... Is it important? Definitely!

There are 5 Steps to Advance Care Planning:

1. **Think** of your values and wishes about your care and treatment
2. **Learn** about medical procedures and what they can and can't do
3. **Decide** who will speak on your behalf and prepare a Health Care Directive
4. **Talk** about your wishes with your Proxy(s), loved ones and your health care provider
5. **Record** your care and treatment wishes in your Health Care Directive

Need Help or Have Questions?

**Health PEI**

Contact the Health PEI Advance Care Planning Team: 902-620-3219

Resources are available at: <https://src.healthpei.ca/advance-care-planning>