



ADVANCE CARE PLANNING FOR FUTURE MEDICAL DECISIONS

What is Advance Care Planning?

Advance care planning is a process by which people can think about their values about future healthcare choices; explore medical information that is relevant to their health concerns; communicate wishes and values to their loved ones, their representatives, and their healthcare team and record those choices.

It's about Living Well Until Death

Advance care planning is often thought of as planning for the end of life. However, advance care planning is really about planning for life, up to and including death. Advance care plans communicate for us when we are not able to. Advance care planning helps our healthcare providers and family understand our wishes for care when we are unable to communicate for ourselves. They become our voice.

To be eligible to make an advance care plan in Alberta, a person must be at least 18 years old and be capable of understanding the decisions, and the possible results (good or bad) of making those decisions.

MyVoice

The "MyVoice" workbook was developed by the Calgary Health Region to help guide people through the process of advance care planning. It gives people the chance to think about their values and beliefs about what it means to them to live well and to die well. People also find out about medical treatment options and how they relate to goals of care. It is also designed to be used as a tool for discussion with family and healthcare providers.



WALLET CARD

IN CASE OF EMERGENCY



- complete the information
- tear out the card
- put it in your wallet with your Alberta Personal Health Card

I, _____ have written a personal directive/advance care plan. A copy is located: _____

My agent/representative is: _____

Phone: (H) _____

(W) _____ (C) _____



ADVANCE CARE PLANNING CHECKLIST

- Get the information you need to make informed choices about the medical treatments you would or would not like to have.
- Think about your values and beliefs about what quality of life means to you. What is important to you to live well? What would you want, or not want if you were dying?
- Speak with those close to you about your thoughts, concerns, and wishes.
- Choose someone (agent/representative) to speak on your behalf if you become unable to communicate and make decisions for yourself.
- Talk to your doctor about different treatments. If you have a chronic condition, get information about the medical decisions you may need to make in the future.
- Complete the “My Voice” workbook.
- Always keep your original document. Put it with your personal files where others can find it.
- Give a copy to your doctors(s) and clinic staff.
- Take a copy to the hospital every time you are admitted.
- Give a copy to your agent/representative. Tell them the meaning and purpose of your advance care plan, and talk about your goals of care and wishes if you are not able to make your wishes known.
- You may also wish to give a copy of “My Voice” to your:
 - Family • Spiritual advisor
 - Friends • Lawyer
- Review your “My Voice” workbook at least once a year. If your wishes have changed, it is important to write the changes in a new “My Voice” workbook.
- Destroy the old version and any existing copies and give copies of your new workbook to those who had a copy of the version you are replacing.

(403) 943-0249 – myvoice@calgaryhealthregion.ca
www.calgaryhealthregion.ca/carenlife

leaders in health - a partner in care



calgary health region

IN CASE OF EMERGENCY

I have completed a “My Voice” advance care planning workbook. It outlines my wishes for medical care, should I become unable to communicate for myself.

*Please notify my agent/representative.
Contact details are on the reverse side.*

