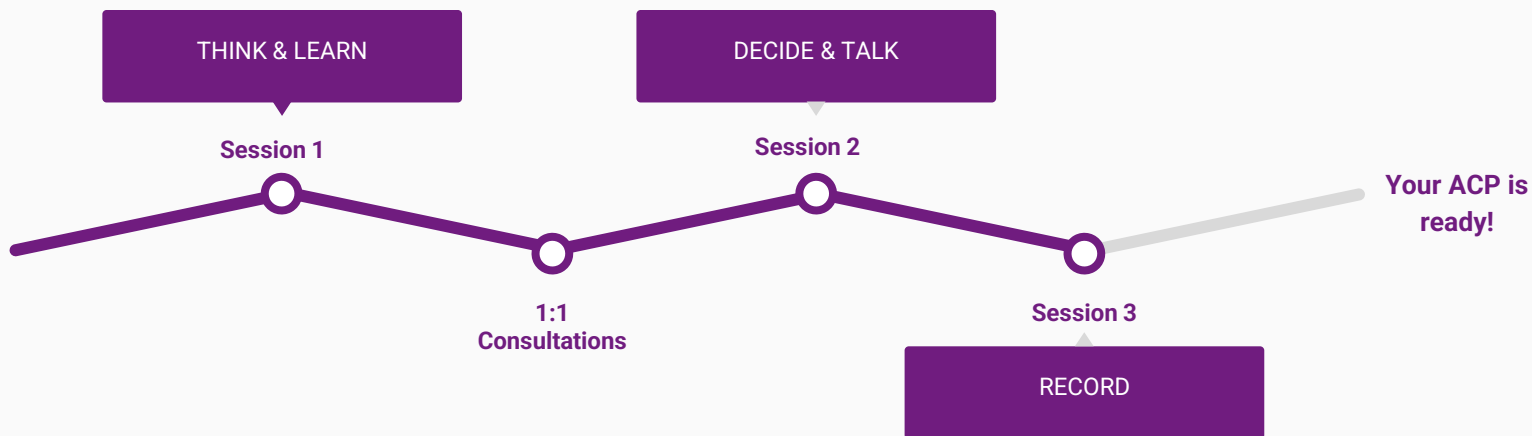


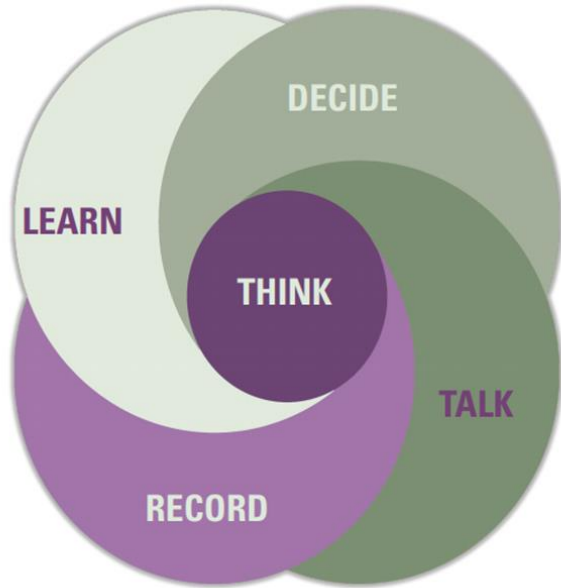
# Advance Care Planning

Self-paced Workshop - Session 3  
April 2023

# Self-guided Workshop Roadmap



# Key Steps in Advance Care Planning



THINK- about your wishes and values  
LEARN - about your health & legal requirements  
DECIDE - your substitute decision maker  
TALK - to professionals and your family  
RECORD - your ACP journey

# Recap of Session 2

## **Step 3: DECIDE**

- I have chosen who will make medical, shelter and personal decisions on my behalf if I am not able to make these decisions from myself. (Substitute Decision Maker).
- I have identified an alternate person in case my first choice is unable to fulfill this role.

## **Step 4: TALK**

- I have discussed my health, shelter, and personal care preferences with my Substitute Decision Maker and those closest to me including my health care professionals.

# Step 5: RECORD

Write down your plan or make a video, or an audio recording.

# Step 5: RECORD

**Listed below are the tasks you will want to complete once you feel fully prepared to share your advance care plan with others.**

- I have created an Advance Health Care plan and/or a Health Care Directive.
- I have completed Power of Attorney for Personal Care documents and provided my Power of Attorney for Personal Care a copy of my Advance Health Care Directive.
- I have provided a copy of my AHCD and discussed who will be making decisions on my behalf with my family and doctors.

# Step 5: RECORD

## Learning Resource:

- Watch the following video <https://youtu.be/yFxkp5BMPn0?t=36> (4 Mins)
- Watch the following video <https://www.youtube.com/watch?v=apbSsILLh28> (19 Mins) of a Ted Talk video “What Really Matters at the End of Life” by BJ Miller.

# Step 5: RECORD

## Reflection:

Think about the best way to relay your feelings, values and beliefs. Is it a written letter to a loved one or your SDM, or maybe an audio recording - or perhaps a video of yourself.

[You can also use the ACP Workbook by Advance Care Planning Canada:  
<https://advancecareplanningontario.ca/acp/acp-workbook> ]

Refer back to your answers from the previous ACP steps that you completed and compile them together. What are your values? What medical situations you do and do not want for yourself. Who have you selected as your SDM and what are the key wishes that they will need to uphold? Do you have any particular wishes for your funeral? What are some other information that you wish to be known about you?



# Step 5: RECORD

**Notes:**

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# Step 5: RECORD

**Notes:**

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# Pause...

You've completed the third session of the self-guided ACP Workshop, and all the steps of preparing your own Advance Care Plan!

## Pause and Celebrate!



# Ask an Expert

**Sandra Andreychuk** is a Health Care Ethicist, a Registered Nurse at the Bob Kemp Hospice and is an Advance Health Care Consultant for Cambridge Law, within their estate planning division. Sandra also has an independent Advance Care Planning practice which you can learn more about her services at <https://www.qualitylifeplanning.com/>

Sandra will be available for 1:1 Consultations about your ACP.

All resources and updates for the consultation and the session will be available on: <https://kemphospice.org/advance-care-planning/>