

# Advance Care Planning

Think, Talk and Plan  
about your future health care

Pat Porterfield & Karen Sanderson  
CEAN Volunteers

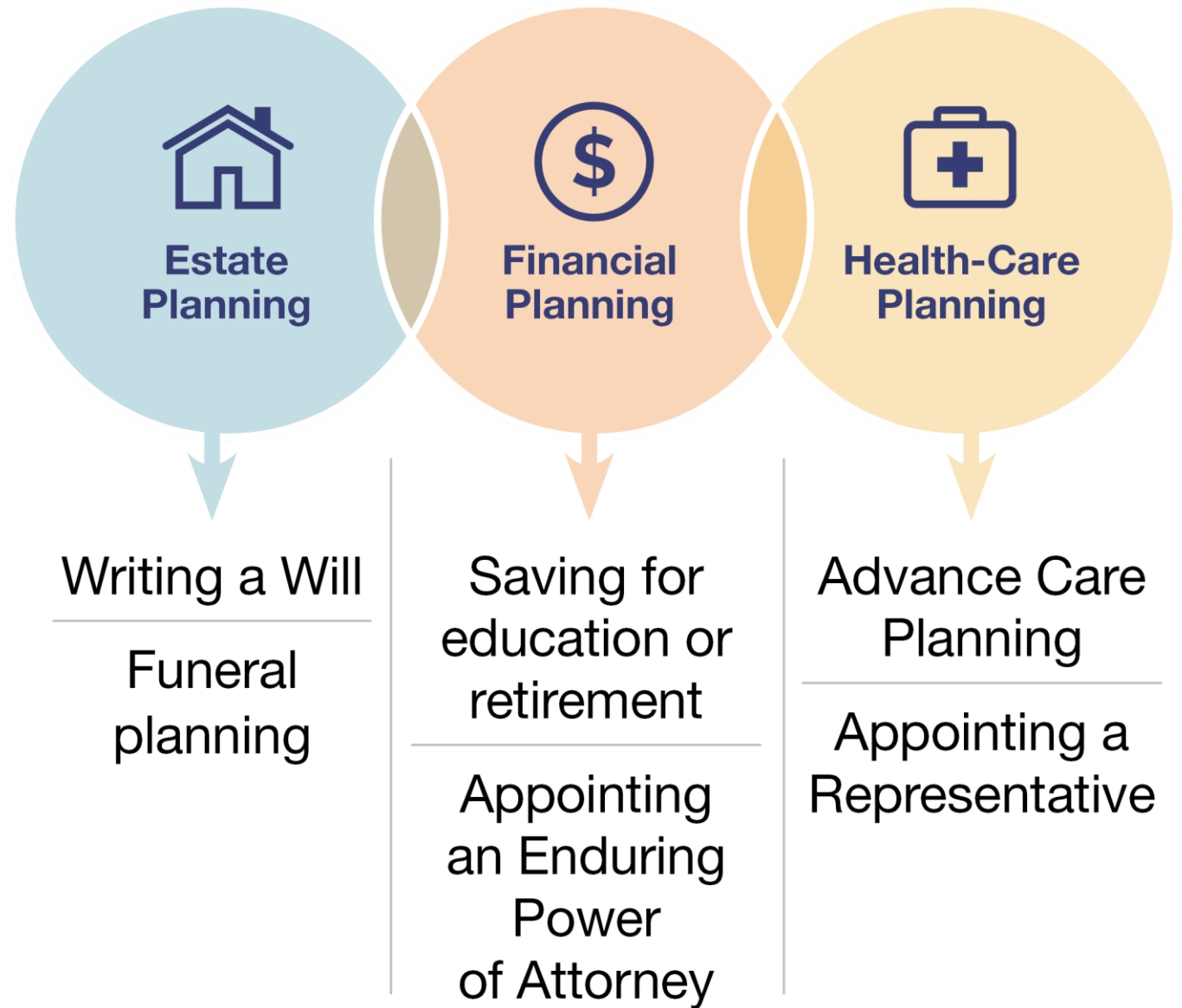
# Land Acknowledgement

We would like to acknowledge that our places of work and the Vancouver Coastal Health facilities lie on the traditional, unceded homelands of the fourteen First Nation Communities of the Heiltsuk, Kitasoo-Xai'xais, Lil'wat, Musqueam, N'Quatqua, Nuxalk, Samahquam, Sechelt, Skatin, Squamish, Tla'amin, Tsleil-Waututh, Wuikinuxv, and Xa'xtsa.



Source: <http://www.vch.ca/Documents/Indigenous-cultural-safety-policy-booklet.pdf>

# The Life Planning Model: Advance Care Planning is part of life planning



# Our focus for today's session:

Support you in your Advance Care Planning by:

- Sharing information—the why, who, when and how of it!
- Preparing you for the decisions you will need to make
- Increasing your comfort in talking with your family, friends and health-care providers about your health care wishes
- Providing resources for you to continue your planning

# Advance Care Planning is

- **thinking** about your values, beliefs, and wishes for future health and personal care, and
- **sharing** them with the people you trust.

It includes choosing who would make care decisions for you if you cannot.

**Advance Care Planning can help you get the health and personal care that's right for you.**



# Why should I care about Advance Care Planning?

**For you. For your family and friends. For your health-care providers.**

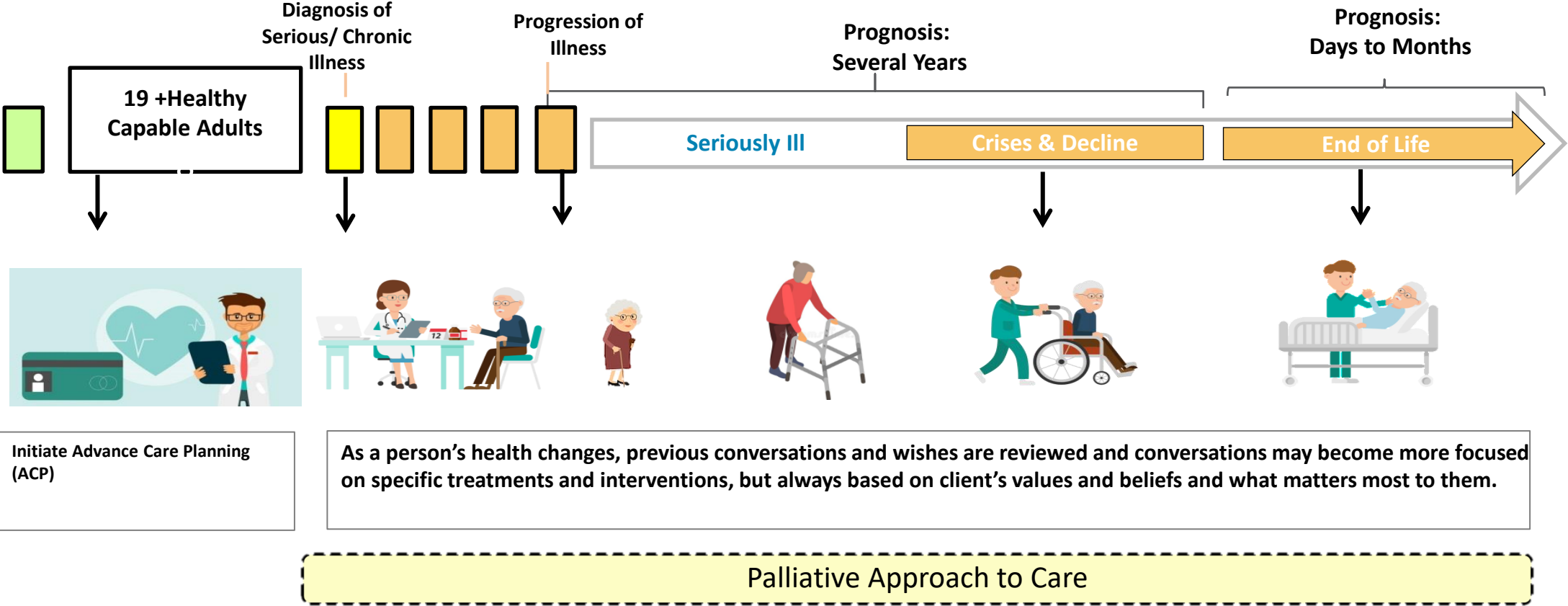




# Who should do Advance Care Planning? When should they do it?



# Multiple Opportunities for Conversations

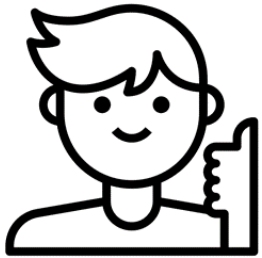


Adapted from Dana Farber Cancer Institute & Ariadne Labs, 2016



# Yet, we still put it off...

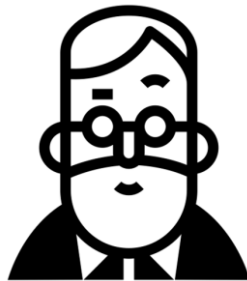
I'm young  
and healthy



I've had bad  
experiences with  
the health care  
system



I don't like to  
think about  
death



My family  
makes  
decisions  
together



What will be,  
will be



I'm someone  
who changes  
their mind a lot



# How to do ACP?

Think

Talk

Plan





# Think: What could you think about?

- What concerns you the most about your future health care?
- What does Quality of Life mean to you? What activities make your life worth living?
- ◆ What would matter to you if you became unwell and couldn't communicate?
- ◆ Do you have personal beliefs that are important to your health-care wishes?



# Think: Who could make health-care decisions for you if you cannot?

## Capability & Consent

- If you are able to understand and communicate, you will be asked for **consent**.
- What does it mean to be **capable** of providing consent?
- If you are not capable of providing consent, someone else will be asked.
- Advance Care Planning helps you determine who will speak for you and ensure they will know what to say.







# Think: Who could make decisions for you if you cannot?

In BC\*, you have two choices for a Substitute Decision Maker:

\*provinces differ; check your province


You decide who speaks for you  
(Representation Agreement)

or

Your health-care provider decides who speaks for you  
(Temporary Substitute Decision Maker)

A good substitute decision maker:

- ♦ Will honor your wishes and instructions, even if they are different from their own.
- ♦ Is calm in a crisis.
- ♦ Can communicate with health-care providers.
- ♦ Will not be pressured into accepting treatment that they know you wouldn't want.
- ♦ Can handle conflict or disagreement.



**Your health-care provider decides who would make decisions for you if you cannot.**

## **Temporary Substitute Decision Maker**

1. Spouse (common law, any gender)
2. Child
3. Parent
4. Brother or sister
5. Grandparent
6. Grandchild
7. Anyone else related by birth or adoption
8. Close friend
9. A Person immediately related by marriage
10. Public Guardian and Trustee or another person appointed by them

The person must be: 19 years of age or older, capable, have no dispute with you, and have been in contact with you in the past year.



**You decide** who would make decisions for you if you cannot.

## **Representation Agreement (Section 9)**

- ◆ You can name one or more Representatives by completing a Representation Agreement.
- ◆ This is a legal document completed by you as a capable adult.
- ◆ You do not need a lawyer or notary.

## Two types of Representation Agreements

Section 9 – Enhanced	Section 7 - Standard
Used by a capable person	Can be used by person with lessened capacity
Representative can make personal care and health care decisions	Representative can make personal care and minor and major health care decisions
Includes decisions about life support & life prolonging treatments	Cannot make decisions to refuse life support
Cannot make financial decisions ( <i>can make an Enduring Power of Attorney</i> )	Provides for routine management of financial and legal affairs





“I make my health-care decisions in advance”

## Advance Directive

- ◆ Your voice when you are not capable of making a decision.
- ◆ A legal document with written instructions about a specific health-care treatment.
- ◆ These instructions must be honoured, as long they address the treatment offered at the time.
- ◆ If you are considering an Advance Directive, speak to your health-care provider to ensure your directive is clear.

Talk:  
with the  
people  
you trust



# Talk: What to Share?

- what is important to you
- your fears and concerns
- treatment decisions you already know
- who will make decisions for you
- how you hope that person will be supported





# Talk: Having the conversations

*I was thinking about what happened to John when he was sick. I wouldn't want that. I would want...*

*I'm not sick right now, but I want to think ahead and be prepared if something unexpected should happen...*





# Talk: to your health-care providers





# Plan: Prepare an Advance Care Plan



# Key things to remember

- ◆ As long you can understand and communicate, you will make your own health-care decisions.
- ◆ You can change your Advance Care Plan at any time.
- ◆ Advance Care Planning is not just a one-time event - **it's a process you should revisit throughout your life.**
- ◆ Conversations get easier the more you have.
- ◆ You have options for how you want to express and record your wishes.

# Steps for Advance Care Planning

Think about what matters to you

now and in the future

Prepare for decisions

by you or your substitute decision maker

Share what matters most to you

with the people you trust and health-care providers

Record your wishes

to remind them

Revisit as things change

in your health, personal life or living situation

# Resources

- My Voice - BC Ministry of Health

[www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning](http://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning)

- BC Centre for Palliative Care [www.bc-cpc.ca/acp](http://www.bc-cpc.ca/acp)
- Advance Care Planning Canada [www.advancecareplanning.ca](http://www.advancecareplanning.ca)

Essential Conversations: A Guide to Advance Care Planning in Long Term Care Settings

[Essential Conversations: A Guide to Advance Care Planning in Long-Term Care Settings - ACP in Canada | PPS au Canada](#)



# Screen shot of BC CPC website

The screenshot shows a web browser window with the URL <https://bc-cpc.ca/all-resources/individuals/acp/acp-resources/>. The browser's address bar and tabs are visible at the top. The main content area features five resource cards arranged in two rows. Each card includes a representative image, a title, and a call-to-action button.

- Card 1:** Image of a hand writing on a notepad. Title: "Advance Care Planning Information Booklet". Button: "Open to download".
- Card 2:** Image of three women sitting together. Title: "What to include in your advance care plan". Button: "Click here to learn more".
- Card 3:** Image of a family of five. Title: "Example records and stories". Button: "Click here to learn more".
- Card 4:** Image of a family sitting on a wooden pier by a lake. Title: "Guides for your family & friends".
- Card 5:** Image of hands clasped together in a circle. Title: "More helpful resources for planning".

Type here to search



2°C 1:13 PM 2022-01-07



# Overwhelmed?



Like building a puzzle....  
one piece at a time!

Thank you for  
participating!