

Advance Care Planning Day 2020

News Release

April 16 is National Advance Care Planning Day *Your Care, Your Wishes - Start Your Advance Care Plan Today*

(**< your City or town name>, B.C.**) – April 16, 2020, marks the National Advance Care Planning day, a day to promote conversations about your wishes and values for your future health care.

Advance Care Planning involves talking with others about your wishes for your future health care and deciding who speaks on your behalf if you cannot. A national survey of 2,948 Canadians, 18 years of age or older, commissioned by Speak up and conducted by Nanos Research, shows that although most people in Canada believe it is important to do advance care planning, only 1 in 5 people actually have a plan.

A key part of advance care planning is deciding who can make decisions on your behalf should you be unable to. When it comes to planning for your future health care, are you, your family and friends prepared? If you were sick and could not speak for yourself, would they know your wishes and how you want to be cared for?

In this rapidly evolving situation of COVID-19, we all need to make sure that our health-care wishes, preferences and choices are known to our family, carers and health-care providers.

Good advance care planning can help people and their families prepare for a time when they can no longer make their own medical decisions. Advance care planning can help people face the future with greater confidence, knowing that their choices may be respected.

These conversations are not easy ones. There are many resources available to help you, including the Advance Care Planning resources by BC Centre for Palliative Care. BC Centre for Palliative Care helps people throughout British Columbia navigate the complexities of advance care planning with resources and tools to help start the conversation.

<insert a paragraph about your organization activities and your mission>. For more information and resources please contact **<Insert your organization contact info**

