In the time of COVID-19, our health can change suddenly and without any warning. If you became seriously ill from COVID-19, would your family, caregivers and health-care providers know how you would want to be cared for? Who would speak for you if you were too ill to speak for yourself?

**Start planning for your care now, before there is urgent need.**

**Follow these steps:**

**THINK about what matters most to you**
- What makes each day worthwhile for you?
- What gives your life meaning, joy and purpose?
- What cultural or spiritual beliefs are important to you?

**THINK about your risk of becoming seriously ill with COVID-19**
- Do you have any chronic health conditions such as diabetes, heart, lung, or kidney problems?
- Are you over the age of 65?
- Do you have an autoimmune disease or a weakened immune system from a medical condition or treatment, such as chemotherapy?

*If you answer yes to any of these questions, you are at higher risk for developing severe illness from COVID-19.*

*It is important that you discuss your health care wishes with your doctor.*

**THINK about what abilities you can’t imagine living without**
- Think of abilities such as getting dressed, toileting, feeding, walking, hearing, vision, talking with family and friends, driving, and managing your finances.
- What abilities would you be willing to give up in order to prolong your life?

*After treatment in an intensive care unit (ICU), people may experience problems with some of these abilities.*
THINK about what **life-support treatments** you would accept or refuse

Some of these life-support treatments have been needed by people critically ill with COVID-19:

- Admission to hospital intensive care unit (ICU).
- A breathing tube connected to a ventilator.
- Cardiopulmonary Resuscitation (CPR)

**Read** our resource ‘**Serious COVID-19 Illness: Life support treatments and complications**’ for more information about these life-support treatments.

*Whatever options you choose, your health-care team will do their best to control your symptoms and make you comfortable.*

THINK about where you would want to be cared for

*Whatever location you choose – your home, seniors’ care home, or hospital — you will always receive care and treatments to control your pain, manage your breathing and keep you comfortable.*

CHOOSE the best **person to speak on your behalf** if you could not make decisions for yourself

**Choose** someone who:

- You trust to make decisions that honour your wishes and instructions.
- Is calm in a crisis and able to handle conflict.

**Ask** them if they will accept this responsibility.

*You can complete a Representation Agreement (Section 9) to legally name them to speak on your behalf (this person is called your representative).*

TALK to your Representative, family members, and health-care providers about what you want for your care

- **Make** a time to talk with your Representative and family members. You can start the conversation by saying:
  
  “I'm not sick right now, but I want to share with you what matters most to me and how I would want to be cared for if I get very sick from COVID-19.”

- **Book** a time with your doctor or nurse practitioner to talk about your priorities and wishes for care if you get very sick from COVID-19.
WRITE DOWN or RECORD your health care wishes and goals.

How you can let others know about your wishes:

- **Write** down your wishes clearly, or **record** them using a phone or computer.
- **Complete** a Representation Agreement (Section 9) to legally name someone as your Representative(s). You do not need a lawyer or notary to complete it.
- **Talk** to your doctor if there are specific treatments you would refuse, they may recommend a form for you to complete.

Visit [www.bc-cpc.ca/covid19](http://www.bc-cpc.ca/covid19) for more information and links to these forms.

KEEP all these documents together in a place that is easy to find.

First responders know to check on or near the fridge for health-care planning documents.

TELL your Representative and family **where to find** these documents

Consider giving them and your health-care providers a copy of these documents.

BRING these documents with you if you **go to the hospital**.

REVISIT what you want for your care whenever there is a change in your health or living situation.

- Your thoughts on any of this might change over time or if you become ill.
- You can always change your mind at any time.

Visit [www.bc-cpc.ca/covid19](http://www.bc-cpc.ca/covid19) for more information and resources.