

This example advance care plan was shared by one of the Working Group members of the Cultural Adaptations Project in traditional Chinese, then translated to English by the project team.

English Translation

Mr. Zhang, who is 65 and retired, is taking care of his parents at home. He made this advance care plan based on his personal situation.

1. My values and wishes
 - I am a catholic and my belief is important to me.
 - Good quality of life means being able to go to church, enjoy food, regular exercise, take a walk, enjoy the company of family and friends, reading and listening to music.
 - I don't want to end my life in advance; however, I don't want to unnecessarily delay my death either.
 - If my brain is not working, I would like to donate my other working organs. If I am in a vegetative state, I don't want life-lengthening treatments.
 - If the chance of getting better is over 25%, I would like to accept any treatment that can save my life because I am only 65 and I need to take care of my parents.

2. The end stage of my life
 - I am very sensitive to pain and would like to receive treatment for pain
 - I would like to stay in a hospice at the end of my life
 - I love my family's company
 - I hope to listen to the music I like.

3. Substitute decision maker: I choose my eldest living daughter.
My eldest living daughter is the representative referred to Representation Agreements and Enduring Power of Attorney. My wife would be too nervous and anxious to make the decisions for me. My daughter is calmer in these circumstances and can take on this responsibility, especially in an emergency.

4. After I pass away
 - I hope to hold a funeral mass in the church. I have also pre-selected my favourite Bible chapters and poems.
 - I would like to donate all my clothes and books to my pre-selected charity organizations.

Traditional Chinese (Original)

預先安排護理計畫例子

章先生，65歲。目前退休在家照顧年邁的父母。他依據自己的個人情況作出預先安排護理計畫。

I. 我的價值觀與信念

1 我是天主教徒，我的信仰對我很重要

1 有品質的生活—包括能夠上教堂、享受美食，固定運動、散步、與家人、朋友聚會、閱讀、聽音樂

1 不要提前結束我的生命，也不要拖延死亡

1 如果醫生宣布我已腦死，則捐贈器官，如果器官功能好。如果是植物人，則不要插管，或使用維生器具。

1 如果有25%的機會可以恢復健康，我願意接受搶救治療。因為我才65歲，而且還需照顧父母。

II. 生命的最後階段

1 疼痛的控制很重要—我怕痛

1 希望在安寧病房去世

1 希望家人在身邊

1 希望有我喜歡的音樂

III. 代理做決定的人，我指定我的大女兒

我的代理協議書的代理人，持久授權書的授權人也是我的大女兒。因為我的妻子很容易緊張，焦慮，不適合為我做決定。我大女兒則很鎮定，尤其是在危急的狀況下，他比較可以勝任。

IV. 我死後，

1 希望在教堂舉行葬禮彌撒，我也預選自己喜歡的聖經章節和詩歌。

1 我的衣物，書籍捐給我選擇的慈善機構的二手貨店