

## My Advance Care Plan

After years of procrastination and with my approaching 90<sup>th</sup> birthday – and with the help of Hospice – I have finally completed the paperwork for my Advance Care Plan!

This document will help to ensure that our wishes for care at the end time of our lives will be honoured. My chosen representative will be the one who will speak for me should I no longer be able to communicate my wishes.

Since completing my plan, I am experiencing a huge sense of relief and peace.

To deal with the issue of death is very difficult for most of us, but I want to encourage you (if you have not done so already) to persevere with preparing YOUR plan. Then, you too, will be able to relax and feel at peace that your wishes and values will be carried out.

Sincerely,

Eileen, 100 Mile House, BC

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