**News Release**

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**Your wishes, your care – It’s time to talk about Advance Care Planning**

***April 16 is National Advance Care Planning Day***

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

In BC, over three quarters of British Columbians agree that it’s important to talk about what matters most to them about their future health care, but less than half have talked with their family, and fewer still (14%) have had a conversation with a health care provider.

Advance Care Planning is a process of thinking about your values, beliefs, and wishes for future health and personal care, and sharing them with the people you trust. It can include choosing who would make care decisions for you if you cannot. Advance Care Planning can help you get the care that’s right for you, even if you’re unable to speak for yourself.

As an important part of life planning, like planning for education, retirement or saving for a vacation, every adult in BC should engage in Advance Care Planning.

In the time of the COVID-19, a person’s health can change in an instant. It’s more important than ever to talk to those they trust about their values, beliefs and wishes, to prepare for a time when they may no longer be able make their own medical decisions.

For Advance Care Planning Day 2021, we are encouraging British Columbians to start talking about their wishes, their care. These conversations are not easy ones, but there are resources to help, including the Advance Care Planning resources by the BC Centre for Palliative Care. One tool offered by the BC Centre for Palliative care is an easy-to-use conversation starter. It is important to know that you do not have to cover everything in one conversation.

Sharing your thoughts on what matters most to you about health and personal care helps to take some of the stress out of having to make decisions at the time of a health crisis. Advance Care Planning is a gift you give your future self.

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<insert a paragraph about your organization activities and your mission>.

For more information and resources please contact <Insert your organization contact info>