

# Advance Care Planning

## What is it?

A way for you to:

think about and share your values, beliefs and wishes

support informed health-care decision making

can help you get care that's right for you

## Did you know?

**76%** of British Columbians agree it is important to **talk about what matters** for their future health care, but only...

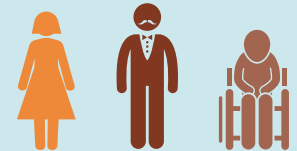


Source: 2020 public poll commissioned by BC Centre for Palliative Care

People who have done Advance Care Planning have higher satisfaction with their care and better quality of life.



Advance Care Planning is for anyone aged 19 or older. It's part of life planning, just like financial or estate planning.



Advance Care Planning benefits you, those close to you and your health-care provider.

