It’s time to talk about Advance Care Planning

Start the Conversation

Use the questions below to start a conversation with the people you trust.

- What do I worry about most when it comes to my future health?
- What values, beliefs and activities are most important to me?
- Would you know where to look for a copy of my important personal information?
- Who would I want involved in decisions about my healthcare?
- Do you know my thoughts about being an organ donor?
- Which is more important to me – the length of my life or the quality of my life?
- Who would I feel most comfortable with helping me with my personal care?

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.

Find more easy-to-use Advance Care Planning information at:
bc-cpc.ca/ACPDay

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February 2021