


Ready to start your advance care planning?

Here's a checklist of resources to help you with each step.



<input type="checkbox"/> Think about what matters most to you	<p>My Wishes My Care: Thinking it Through</p> <p>A step-by-step guide to help you think about and record what matters most to you for your future health care and personal care – your values, beliefs, and wishes for future care.</p> 
<input type="checkbox"/> Think about who could make decisions for you if you cannot	<p>You've been asked to be a substitute decision maker, now what?</p> <p>A guide to help you understand the role and responsibilities of temporary substitute decision makers and representatives. You can share this guide with your family and friends to help them prepare for their roles.</p>
<input type="checkbox"/> Talk with the people you trust.	<p>These conversation starters can you help get the ball rolling with your family and friends:</p> <ul style="list-style-type: none"> • My Wishes My Care: Starting the Conversation • More conversation starters 
<input type="checkbox"/> Talk with your health-care providers	<p>See page 10 of the Advance Care Planning Information Booklet for tips and conversation starters.</p>

Plan: prepare your advance care plan

Essential information:

- A record of your wishes

- A list of your temporary substitute decision makers



My Wishes My Care: Thinking it Through

You can complete [the guide](#) as a written record, or use the content of this guide to make a video or audio recording of your wishes.

Temporary Substitute Decision Maker Contact List

[A template](#) to help you record the contact information of people who might be asked to make health-care decisions for you when you cannot. You should include notes on who does not qualify and why.

Optional legal forms and medical orders:

- Representation agreement (legal form)

- Advance directive (legal form)

- Medical orders:
 - MOST Form
 - No CPR Form

Learn about Representation Agreements

Guides to help you understand the two different types of representation agreements and how to make them:

- About the [standard representation agreement \(section 7\)](#)
- About the [enhanced representation agreement \(section 9\)](#)

Advance Directive

Talk to your doctor before making an advance directive. The Government of B.C. provides a template in the advance care planning guide - [My Voice: Expressing My Wishes for Future Health Care Treatment \(page 50\)](#).

Learn about Medical Orders

There are two medical orders available in B.C. for recording instructions for health care. They must be completed with a doctor or a nurse practitioner.

- About the [Medical Orders for Scope of Treatment \(MOST\) Form](#)
- About the [No Cardiopulmonary Resuscitation \(CPR\) Form](#)

- Store your plan in a safe place** where it can be easily located if needed (e.g. on your fridge).
 - Here's an advance care planning [wallet card](#) to carry your information with you.
- Share your plan** with the people you trust and your health-care providers.
- Review your plan** at regular intervals and when anything changes.



For more advance care planning resources, visit: bc-cpc.ca/acpresources

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