

# Advance Care Planning for Family/Friend Caregivers:

Information and Resources to Help Them Get Started



## Question & answer tool to help you engage family/friend caregivers in advance care planning

This tool was designed to be used by **staff and volunteers from organizations** that provide supports and services to family/friend caregivers in B.C.

This tool can **help you share information and resources about substitute decision makers with family/friend caregivers, and encourage them to get started on their own advance care planning.**

You can integrate these question and answer scripts into your interactions with family/friend caregivers, for example, during intake, support line conversations, and support groups.

Before you use this tool, please review the scripts in their entirety, and familiarize yourself with the content of the resources you will be sharing:

- [My Wishes, My Care: Advance Care Planning Information Booklet](#)
- [You've been asked to be a substitute decision maker, now what?](#)
- Online resource hub: [bc-cpc.ca/acpresources](http://bc-cpc.ca/acpresources)

## Advance care planning is a process of:

- thinking about your values, beliefs, and wishes for future health care and personal care; and
- sharing them with the people you trust (your family, friends, and health-care providers).

It can include choosing who would make care decisions for you if you cannot (otherwise known as your substitute decision maker).

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## Question 1 of 2:

As a family/friend caregiver, it's important to plan for the future. If the person you're caring for becomes too ill or injured to speak for themselves, even with your help, you may be asked to make health-care decisions for them. This is known as substitute decision making and you would then be known as their substitute decision maker.

### Do you know if you're a substitute decision maker for the person you are caring for?

**"I am the person's substitute decision maker..."**

Great! If you're interested, I can share a guide with you that has a lot of great information for substitute decision makers. It explains the different types of substitute decision makers in B.C. and what their roles, responsibilities, and rights are according to the law. It also contains a step-by-step guide to help you prepare for your role.

**Share: [You've been asked to be a substitute decision maker, now what?](#)**

**"I am not their substitute decision maker but I know who is..."**

I have a guide that you may want to share with their substitute decision maker. It explains the different types of substitute decision makers in B.C. and what their roles, responsibilities, and rights are according to the law. It also contains a step-by-step guide to help them prepare for their role.

**Share: [You've been asked to be a substitute decision maker, now what?](#)**

**"I don't know..."**

I can share a guide with you that can help you better understand the different types of substitute decision makers in B.C. and what their roles, responsibilities, and rights are according to the law. It also contains a step-by-step guide to help them prepare for their role.

**Share: [You've been asked to be a substitute decision maker, now what?](#)**

## Question 2 of 2:

Although life can get really busy, it's important to plan for your own health too. Our health can change in an instant! Planning for your future health care is an important part of life planning – in fact, it's just as important as financial and estate planning.

**If you became too ill or injured to speak for yourself, do your family and friends know what your health-care wishes are?**



That's great! Planning ahead for future health care is called "advance care planning", and you've already taken an important first step. Advance care planning also involves thinking about who would be your substitute decision makers if you can't speak for yourself.

What I can do is share a booklet with you that can help you learn more about this process. It'll walk you through the steps of advance care planning and share information on records and legal forms you may want to include in your plan.

Share: [\*My Wishes, My Care: Advance Care Planning Information Booklet\*](#)

That's ok! When you have time, we have some great resources that'll make planning easier. Sharing your health-care wishes with family and friends is an important part of planning ahead for your own health care – what's called advance care planning.

What I can do is share a booklet with you about this process – it'll walk you through the steps of advance care planning and how to get started.

Share: [\*My Wishes, My Care: Advance Care Planning Information Booklet\*](#)