

Speak Up

Start the conversation  
about end-of-life care

Health PEI  
One Island Health System



**Advance Care Planning** provides guidance, confidence and strength to those close to you in the event that you become too ill to make health care choices on your own. **The time to prepare your Advance Care Plan is now.**

Please visit  
[www.healthpei.ca/advancecareplanning](http://www.healthpei.ca/advancecareplanning)  
or see our new interactive  
online workbook at  
[www.advancecareplanningpei.ca](http://www.advancecareplanningpei.ca)

*Ce dépliant est également offert en français.*

*Cut off and keep in wallet*

I have a Health Care Directive and a Proxy/Proxies who can speak for me if I am unable to communicate my wishes regarding health care and treatment:

Name of Proxy/Proxies: \_\_\_\_\_

Relationship to me: \_\_\_\_\_

Phone # of Proxy/Proxies: \_\_\_\_\_

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Follow these **5 steps** to advance care planning...



## 1. THINK

What are your values, wishes, beliefs and understanding about your care and specific medical procedures?



## 2. LEARN

Learn about different medical procedures and what they can and can't do.



## 3. DECIDE

Who will be your Substitute Decision-Maker/Proxy(ies)?



## 4. TALK

Talk about your wishes with your Substitute Decision-Maker/Proxy(ies).



## 5. RECORD

It's a good idea to write down your wishes.

**I have a Health Care Directive regarding my values and wishes**

My Name: \_\_\_\_\_

Location of My Health Care Directive:

Are you an organ and tissue donor? Yes  No

Have you talked with your family about your health care and treatment wishes? Yes  No