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 or see our new interactive online workbook at www.advancecareplanningpei.ca

Ce dépliant est également offert en français.

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: ________________________________
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 ☐