

Advanced Care Planning: if you are unable to make health care, financial, or legal personal decisions for yourself, have you thought about who will?

- Manage and consent to health care interventions
- Include others that are important to you
- Coordinate personal support services, if needed
- Facilitate admission to a care facility, if needed



Health and Personal Care

- Manage your income, investments, property, assets, and day-to-day banking
- File and pay your taxes
- Make purchases on your behalf
- Organize care for dependents and pets, if needed



Financial and Legal Affairs

- Communicate your preferences for:
 - Location and environment
 - Spiritual and cultural practices
 - Food and exercise
 - Noise level, music, television



Your Preferences

**Life is full of surprises
Your future health care
doesn't have to be**



**Don't leave your loved
ones guessing**

You are the expert on your own health care wishes.

You don't need a lawyer to complete an Advanced Care Plan.

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**To ensure that your
Advanced Care Planning is
complete, find out more
about:**

- Representation Agreements
- Advance Directives
- Expression of care wishes
- Wills
- Enduring Power of Attorney

Local Resources:

Cowichan Hospice
Workshops and help with
Advanced Care Planning
(250) 701-4242
Toll Free: 1-888-701-4242

**Cowichan Family Caregivers
Association**
Support and information for
Advanced Care Planning
(250) 597-0886

Ladysmith Resource Centre
Support and information for
Advanced Care Planning
(250) 245-3079

Provincial Resources:

Alzheimer Society of BC
1-800-462-2833

Seniors First BC
1-866-437-1940

**Society of Notaries Public of
BC**
1-800-663-0343

**Get Informed
Start Discussions
Act in Writing**

Online Resources:

People's Law School
<https://www.peopleslawschool.ca/>

**Advanced Care Planning
Canada**
<https://www.advancecareplanning.ca/>

Nidus
<https://nidus.ca/>

Legal Aid BC
<https://legalaid.bc.ca/>

**WHO WOULD MAKE
HEALTH CARE
DECISIONS FOR YOU
IF YOU COULDN'T?**



**Planning Resources for
the Unexpected**