

#### 4- TALK

Communicate your wishes. Let those in your support circle (i.e. family, friends, healthcare team) know your healthcare wishes so they can be your voice when you're not able to speak for yourself.

These conversations will help guide your medical decisions, Goals of Care Designations, and will echo your values and wishes in a care plan.

#### 5 - RECORD

Write down your health care wishes and choice of Substitute Decision Maker in an Advanced Health Care Directive (AHCD), a legal document that must be followed except in limited circumstances.

Resources for AHCD can be found:

[https://codnl.ca/wp-content/uploads/2015/01/AHCD\\_Booklet.pdf](https://codnl.ca/wp-content/uploads/2015/01/AHCD_Booklet.pdf)

OR

<https://www.gov.nl.ca/cssd/files/publications-pdf-seniors-ahcd-booklet.pdf>

#### FOR MORE INFORMATION:

Call a health professional, nurse practitioner or family doctor

[www.advancecareplanning.ca](http://www.advancecareplanning.ca)

[www.westernhealth.nl.ca](http://www.westernhealth.nl.ca)

<https://www.advancecareplanning.ca/resource/newfoundland-and-labrador/>

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## ADVANCE CARE PLANNING

Making Your Wishes Known



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## What is Advance Care Planning?

The purpose of advance care planning is to reflect on who you are, your values and beliefs, and what is important to you.



### 1 - THINK

Advance care planning gives you an opportunity to plan for your health and well-being, to consider how you want others to be involved, and ensures your voice is heard during times of health changes.

### 2 - LEARN

Learning more about medical terms and treatments, Goals of Care Designations, and legal requirements, can help you make better decisions about your plan.

#### Goals of Care Designations

Resuscitation → All medical care, appropriate investigations and interventions that can be offered **Including** CPR, breathing and feeding tubes, and ICU care.



Medical Care → Appropriate investigations and interventions for cure or control of illness that can be offered **excluding** CPR, with possible transfer to ICU. Focus is on quantity of days.

Comfort Care → Medical care that includes maximizing comfort, symptom control, and maintaining quality of life **excluding** CPR, breathing and feeding tubes, and ICU care. Focus is on quality of days.

### 3 - DECIDE

Choose a **Substitute Decision Maker (SDM)**; a person (or persons) who will act as your voice or make medical decisions on your behalf if you are unable to do so.



#### **Consider:**

- Do I trust this person to speak for me? And are they willing to speak for me?
- Do they know about my values, beliefs, and wishes?
- Can they make difficult decisions during stressful situations?

Within Newfoundland and Labrador the 'Advanced Health Care Directive Act' a substitute decision maker may be appointed if one is not chosen. The order is as such:

- (a) spouse;
- (b) children
- (c) parents
- (d) siblings
- (e) grandchildren
- (f) grandparents
- (g) uncles and aunts
- (h) nephews or nieces
- (i) any other relative
- (j) health care professional responsible for proposed health care

