It’s not always easy to talk about advanced care, end of life, or personal health care preferences with your loved ones. But anyone who has found themselves having to make those kinds of decisions for someone else, without having talked about them beforehand, will tell you how important it is to have taken the time to talk these through before that day ever comes.

In the conversations you have we suggest you identify these three things: your basic values and beliefs. Concrete examples of how they impact you. The implication for your care in the future.

Here are some examples:

**A**

**Value:** I am independent and I value exercising my choices

**In my life:** I love being well dressed and my favourite way to start the day is choosing what to wear.

**Implications for care:** I may need assistance to get dressed, I may not remember where my clothes are, but I value exercising my choice about what I will wear each day, thank you for speaking for me to make that happen.

**B**

**Value:** I am a devout person of faith and am reassured with our traditions

**In my life:** Practicing traditional components of my faith is very important to me, I say a prayer prior to eating each meal and have since I was a child.

**Implications for care:** If I forget, and need assistance to implement my traditional practices, I would value your support to ensure that this happens and we provide words of thanks prior to my meals.

Cont...

And don’t forget, an important part of the conversations and the Advance Care Plan is to identify who will speak for you if you can’t. Who is your power of attorney for care/substitute decision maker?
Value: I strongly believe in progressive research and have always actively participated

In my life: I subsidized my schooling by engaging in research control groups throughout University.

Implications for care: If ever I am in a position to contribute to research, I would want to and I would appreciate you expressing that on my behalf.

Value: I have a low tolerance for pain and value avoiding it at all costs

In my life: I would never go to the dentist without lots of freezing and even sedation to avoid the pain.

Implications for care: If a decision needs to be made around treatment that will involve pain, thank you for ensuring that my values around no pain tolerance are shared with the care team prior to moving forward.

Value: I love pets, and value my relationship with both cats and dogs

In my life: I start each day filling my bird feeder in the yard so that I have company to watch while drinking my coffee.

Implications for care: If there are opportunities to pet sit, or engage with pets, or be responsible for pets, I would so appreciate your ensuring that I am at the top of the list to participate.

And don’t forget, an important part of the conversations and the Advance Care Plan is to identify who will speak for you if you can’t. Who is your power of attorney for care/substitute decision maker?
Use the following worksheet to help shape the conversation you need to have with your loved one.

**VALUE:**

**IN MY LIFE:**

**IMPLICATIONS FOR CARE:**

Create an Advance Care Plan today so you’re ready for tomorrow!