



# Advanced Care Planning Handbook

## *Advanced Care Planning:*

We plan in advance for all kinds of events such as birthday parties, anniversary celebrations and vacations. We plan for our education and we plan for our retirement. In spite of the fact that planning in advance is something we do every day, we often don't plan in advance for our healthcare. Planning for future healthcare choices is a wise thing for all capable adults to do. Life threatening illness or injury can happen at any time and it's important that those who may have to make decisions for your care are clear about your wishes and know they are supporting you in the choices you have made if you are unable to convey your wishes on your own behalf. The purpose of this workbook (link below) is to provide you with the information you need to make informed choices about your future healthcare – ahead of time.

The workbook contains useful information on how to make the decisions that are a necessary part of the preparation of your plan for the future, and how to inform your doctor and nearest relatives of your wishes.

The workbook also contains a Health Care Directive template that you can use to complete a Health Care Directive.

Completing a Health Care Directive is legal in Saskatchewan. All Saskatchewan residents who are 16 and older can complete a Health Care Directive and can change or revoke the plan at any time if mentally capable of doing so.

## **The Workbook is available at:**

### **Five Hills Health Region**

<https://www.fhr.ca/Documents/HealthCareDirectiveMyVoiceBookletNF220.pdf>



## ***Five Steps of Advanced Care Planning Video***

<https://youtu.be/mPtu-FpY1Kw>

## ***Advance Care Planning***

Offers a directory of advance care planning resources

Advance Care Planning in Canada values open access to the tools and resources necessary to make informed decisions regarding advance care planning. Please use our directory as a guide during your planning process.

<https://www.advancecareplanning.ca/>

***My mother gave me a very loving and insightful gift – namely, careful direction about what to do if she became irreversibly ill and unable to make her own decisions.*** A grateful daughter.

## *Putting Your Personal Papers in Order....*

The following information is required for preparation of the death certificates and will also be necessary for settling the estate:

Full Legal Name  
Date and Place of Birth  
Mother's Full Name and Maiden Name  
Father's Full Name  
Mother & Father's Birthplaces  
Loved One's Legal Residence  
Loved One's Occupation

Records needed:

Birth Certificate  
Social Insurance Number  
Saskatchewan Health Card  
Recent photo for: obituary, website, cosmetizing and/or hairstyling  
Information you wish to see in the newspaper announcement.  
i.e.: life history, relatives etc.  
Pre-Arrangement Funeral Data (if any)

*Our parents had all of their affairs in order, telling us what they wanted, where everything was, and what their wishes were. They left nothing to chance. Those courageous conversations before they died, gave us guidance throughout their care, and peace of mind after their deaths. What a profound gift.*

A grateful child.



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