

# How to Talk about Advance Care Planning

Sometimes it can seem hard to have Advance Care Planning talks with your family, friends and health care team. Talking about your wishes is a way to honour your journey. Here are some ways to help:

- **Be honest and direct:** “I want to make sure you understand my wishes if something happens to me.”
- **Share a story:** “When our neighbour was in hospital, his family fought about what to do for his care. I don’t want that to happen in our family. Can we talk?”
- **Invite a family member or friend to your medical visit:** “Can you come with me to see my doctor?”
- **Record your Advance Care Plan video and share it:** “I want you to watch this, so if I get sick, you know what I want.”
- **Make an appointment with your doctor or nurse to talk about your advance care plan. Bring a list of your concerns, wishes and questions to share:** “I want to talk to you about what matters to me and my health care”; “How will the treatments affect my life?”; “I would like my care to include . . .” Identify traditions, medicines or ceremonies that you want your care to include.

Remember, it is okay to ask for help. Aboriginal Patient Navigators and Liaisons, Elders, Knowledge Keepers, Traditional Healers, Indigenous End-of-Life Guides, your health care team – all of these people can help you prepare your basket. You are not alone.

## Advance Care Planning

*Preparing a Basket with  
What Matters to You*



First Nations Health Authority  
Health through wellness



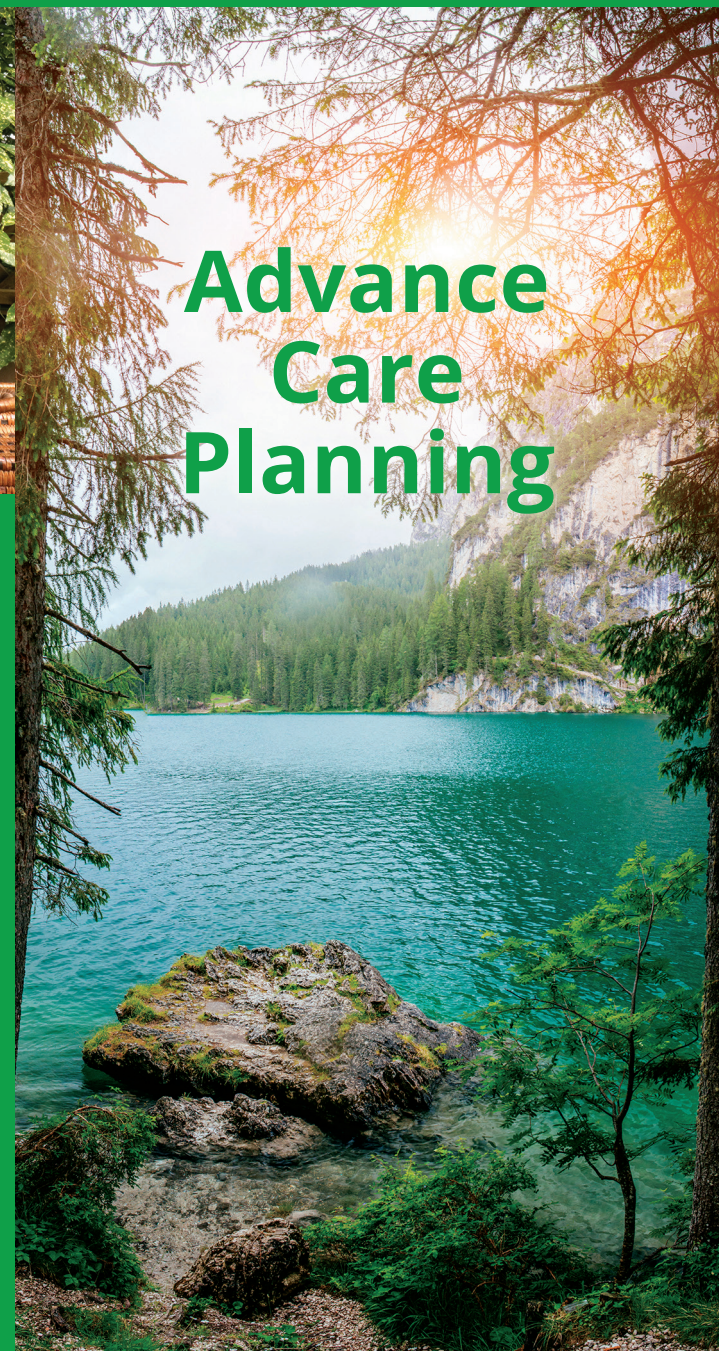
# Advance Care Planning

For more information or  
to access copies of this brochure or  
the guide *Your Care, Your Choices*,  
see Advance Care Planning on FNHA.ca.

To contact us, email:  
[homecare@fnha.ca](mailto:homecare@fnha.ca)



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## About Your Basket

Advance Care Planning means being in control of how you would like your future health care to be. It is like a basket of information that you can reach into when needed.

To create your own basket, ask yourself, “What matters to me?” Include what a good day is for you and what brings you joy. You may also want to include your traditions, practices, wishes and beliefs.

Next, share your basket with your family, friends and health care team. Knowing and sharing what matters to you helps you get the care you want. Know that you can change your advance care plan as often as you like.

***“It’s about upholding a person’s dignity as they experience illness or journey to the Spirit World.”***

*Nikki Hunter,  
Secwepemc  
First Nations*

## Why You Need a Basket

Advance Care Planning provides peace of mind. Sharing your wishes helps family and friends avoid conflict and stress.

Your voice matters. However, if you are unable to speak for yourself, there are laws about who can make health care decisions for you. It is vital that you appoint a representative or someone will be chosen for you.

You have a right to decide your own health care path.

***“One must prepare to meet our ancestors in a good way.”***

*Lucy Barney,  
T’it’q’et Nation*

## How to Prepare Your Basket

The booklet *Your Care, Your Choices* (available in Advance Care Planning on FNHA.ca) can help you through the planning process.

**Think** about what gives your life meaning and how you want to live.

**Learn** about your health and care options. Ask someone to help you learn the law in BC about Advance Care Planning. Learn who can make decisions if you are not able to. For help, ask your health care team.

**Decide** who will speak for you if you cannot speak for yourself. Create a list of people who you wish to represent you. These people are called Substitute Decision Makers (SDMs). Decide what care you may want or don’t want. Remember, you are in charge of your own life and you can change your mind.

**Talk** to people who matter to you about your wishes for your health care. You may want to ask someone you trust to be your SDM.

**Record** your wishes by writing them down or make a video. You may also complete the legal forms found in *Your Care, Your Choices*. Make sure you share copies or let people know where to find your forms or recordings and if they change.