

**SPEAK UP...Start the conversation about end-of-life care.**

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

## Why Plan for End-of-Life Care?

### Making a Plan

***Most of us hope that we will die peacefully and be able to communicate with loved ones until the very end. Most deaths do not occur this way.***

---

Life can take many twists and turns. Imagine:

- One day, without any warning, you find yourself in a hospital with a life-threatening illness. You are unable to speak for yourself – you do not recognize your family or friends. Your doctors do not feel that you will leave the hospital alive. Do you want to be kept alive using machines? Who do you want to make decisions for you? Does that person know your wishes?
- Your mother has slipped into a coma - and you and your siblings need to make some decisions about her care. Which one of you will make those decisions? How do you know if they are the right choices for your mother?
- You are at the beginning stages of Alzheimer's, and you know that at some point you will not be able to recognize people or make your own decisions. How will you make your wishes known? Who will communicate for you?

An advance care plan is more than a document outlining your wishes for care at the end of life. It's a conversation that you have with the person who will represent you if you cannot speak for yourself.

It's a way to give your loved ones the confidence to make decisions during a difficult time. It's how we care for each other.

The choices you make at the end of life – for yourself and others – are important. Make sure that your voice is heard.

Ready to start? <http://www.advancecareplanning.ca/>

- [Learn how to make your plan](#)
- [Help others make a plan](#)