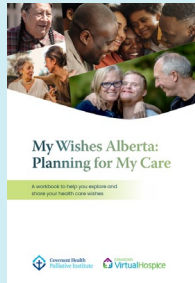


Advance care planning resources

CovenantHealth.ca/Plan-ahead

Find information and resources such as **My Wishes Alberta**, a workbook to help you identify and share what is most important in your life, health and personal care.



ConversationsMatter.ca

Access comprehensive information on advance care planning in Alberta.

Alberta.ca/Personal-directive

Find out how to create a personal directive, an important legal document for every Albertan aged 18 or older.

Covenant Health Palliative Institute

About us

The Palliative Institute is a research, education and public advocacy hub that was established by Covenant Health in 2012.

The goals of the Palliative Institute are to ensure timely access to high quality palliative care across Alberta and provide leadership and advocate for a robust national palliative care system.

Contact us

Email:

palliative.institute@covenanthealth.ca

Web:

covenanthealth.ca/the-palliative-institute/



What matters most to you?

Advance care planning in Alberta



Covenant Health
Palliative Institute



What is advance care planning?

Advance care planning (ACP) is how you think about, talk about, and document the health and personal care you want now and in the future.

It is:

- For every adult at any stage in life.
- Best done when you are healthy, before there is an urgent need for it.

Why advance care planning is important

Advance care planning prepares you and others to make important decisions about your care. Thinking about what matters to you in advance can make a difficult time a bit easier for you and the people close to you.

How to do advance care planning

There are five steps that guide you through the process:

1. Think about your values and goals

What makes life meaningful to you? If you were to get very sick, what would matter most to you?

2. Learn about your health

Talk to your healthcare providers about any questions, symptoms or concerns you may have about your health.

3. Choose someone to make health and personal decisions for you

This person is called your agent and can make decisions for you if you are too sick or injured to make them yourself.

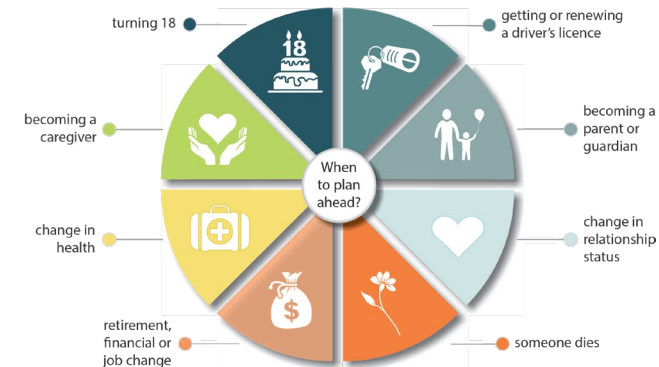
4. Share your wishes with the people you trust and your healthcare team

When people know what's important to you in life and in your care, it helps them provide care in line with your wishes.

5. Record your wishes in a personal directive

This is a legal document where you name an agent and record your wishes for health and personal care.

When to do advance care planning



Review and update your documents following important life events or as your goals, values and wishes evolve. Share these updates with the people you trust and your healthcare providers so that everyone knows your wishes.

