

## Talking About the Future: Advance Care Planning

**At your next appointment**, we would like to talk with you about your illness, your goals and wishes, and start to plan for the future. This is an important part of the care we provide for everyone we see.

We like to start talking about this when people are doing okay. Your illness is serious but stable, so now is a good time to talk about what lies ahead and to do some planning for the future. People who think through what is important to them and what their wishes are often feel less anxious, more at peace, and more in control.

### **Before your next appointment**

Please take time to think about what is important to you. We will be asking:

- What would you like to know about your illness and what is likely to be ahead?
- What kind of information would help you make decisions about your future?
- How do you like to make decisions? Who would you like involved to helping you?
- What are you afraid of about your illness?
- Are there some kinds of medical care you may not want? What makes you feel that way?
- How do you feel about sharing these thoughts and feelings with the people who support you?
- If you haven't already identified someone to be your substitute decision maker, who could fill that role?

### **Bring to your next appointment**

If you have any of the following, please bring them with you:

- No Cardiopulmonary Resuscitation (CPR) form
- Medical Order Scope of Treatment (MOST) form
- Advance Care Plan
- Advance Directive
- Representation Agreement

If you don't have any of these or have questions about them, we can talk about that.

You may find it helpful to bring someone with you to your next appointment, in fact, we encourage it.

### **Why is this important?**

Thinking about and sharing your wishes gives you more control over the care you get now and in the future.

Knowing and sharing what you want eases the burden on the people who support you. It also helps them make the decisions you would make for yourself if you were not able to.

### **Talking about the future won't change your ongoing care**

Talking about the future won't change the plans we have made so far about your treatment, unless, of course, you want changes in your treatment. We will keep giving you the best possible care you need to control your disease.

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### **We understand that your wishes may change over time**

We will continue to talk with you about this. We know that you may have other questions or concerns in the future. We will continue to be here to support you and answer your questions so you can make informed decisions.

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This information does not replace the advice given to you by your healthcare provider.