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Health through wellness

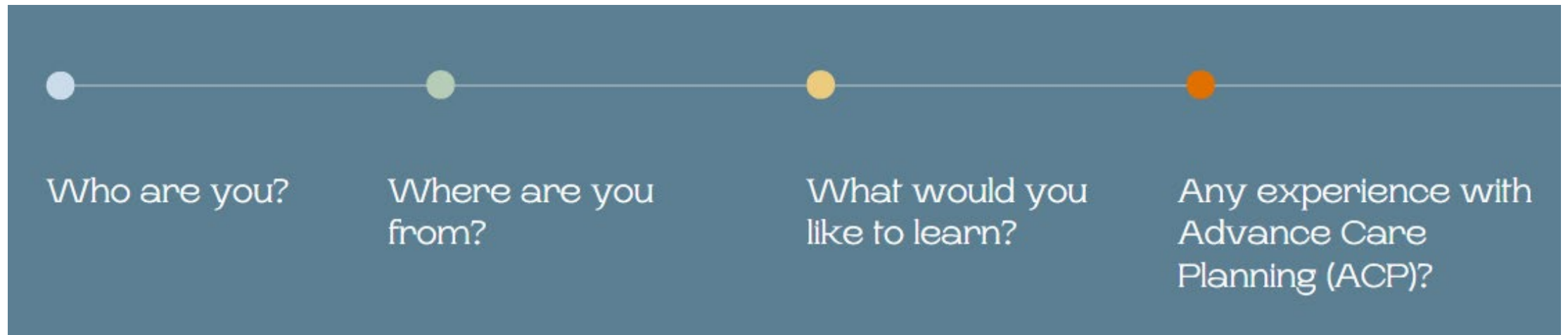
# Advance Care Planning



# Getting to Know You



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# Overview

- **Who, What, When, Where, and Why of Advance Care Planning (ACP)**
- **How? The 5 Steps of ACP**
- **Substitute Decision Maker (SDM)**
- **Tips for Conversation Starters**
- **Legal Forms (Part Two)**





# What Does a Safe Space Mean for You?





# What Words Come to Mind When You Think of ACP?





# What is ACP?

- way to be prepared for the unexpected.
- prepare for your future health care
- thinking about what matters to you (your values, goals, traditional practices and health care wishes)
- sharing it with your family, loved ones and health care providers
- deciding who will speak for you if you can't speak for yourself; called a substitute decision-maker (SDM)





## Advance Care Planning is part of Life Planning

### Health

(Health care wishes, Substitute Decision Maker, goals of care, MOST, No CPR, location of care)

### Money

(Savings, debt, bill payments, taxes, money planning, Power of Attorney & agreements)

### Estate

(Will, executor, funeral planning, trusts, life insurance, business planning)





# You have the right to:

- have your wishes respected and to be treated with dignity



- know about your treatment options, including the risks and benefits of treatment

- know about your health condition

- say yes or no to any offered medical tests or treatments

- have your pain and symptoms treated

- change your mind







# Health Care Decision Making





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# Sharing Stories







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# ACP is Like Preparing Your Basket





Advance Care  
Planning is for  
everyone.





Why  
Advance  
Care  
Planning?

- Gift to your family
- Respect for your journey
- Peace of mind
- Guides others
- Avoids conflict





# Time For a Break



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# 5 STEPS TO ADVANCE CARE PLANNING

Think



Learn



Decide



Talk



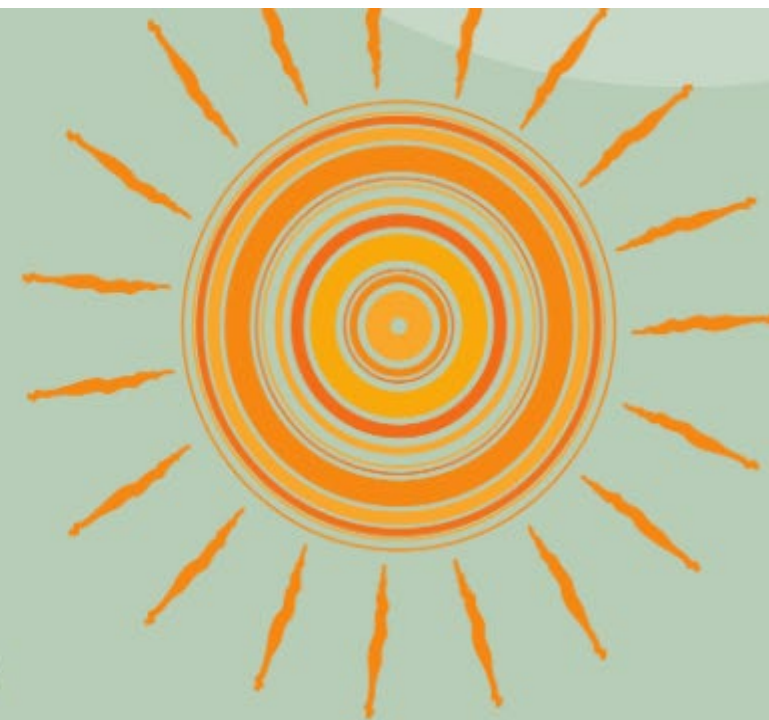
Record







- What makes you happy?
- What makes life meaningful?
- What is most important for your health and wellness?
- What do you do for fun?
- What are your favourite things?





- How much do you like to know about your health?
- What is going on with your health?
- How do you like to make health decisions?
- What questions do you have about your future health care
- What treatments would you want or not want to have?



## Who would make health care decisions if you were not able?

- Court appointed/Committee of person
- Temporary substitute decision maker (TSDM)
- Representative (Rep 7 vs Rep 9)
- Advanced directive





## Temporary Substitute Decision Maker list: This list cannot be changed



- Spouse
- Adult Children
- Parents
- Brothers or Sisters
- Grandparents
- Grandchildren
- Anyone else related by birth or adoption
- Close Friends
- A person immediately related by marriage





**DECIDE**

## Why choose a Substitute Decision Maker?

- BC Law follows a strict list of folks that will be called for you in a medical emergency
- This list can't be changed
- They go down the list until they reach someone
- What if this is not the person you would want to honour you??





# Who qualifies to be a substitute decision maker?





- Who do you want to talk to about your plan?
- When is a good time to talk to them?
- Where is a good place to talk?







- How do you want to record your plan?
- Where will you keep it?
- What if you change your mind about something?





# What Might Get in the Way?





# Pause and Reflect





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**Your Care, Your Choices**  
PLANNING IN ADVANCE FOR MEDICAL CARE

**Coming full circle**  
Planning for your care  
Ensure your wishes are heard and respected.

**Advance Care Planning**

To learn more:  
[www.fnha.ca/acp](http://www.fnha.ca/acp)

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- Use all your medications
- Review your care plan regularly
- Keep your care plan up to date
- List all your allergies and medical conditions
- Provide your care plan to your doctor
- Keep a copy of your care plan







# Thank you!

**Gayaxsixa** (Hailhzaqvla)

**Kw'as ho:y** (Halq'eméyem)

**Mussi Cho** (Kaska Dena)

**Huy tseep q'u** (Stz'uminus)

**Huy ch q'u** (Hul'qumi'num)

**Tooyksim niin** (Nisga'a)

**Haa'wa** (Haida)

**Kwuk<sup>w</sup>stéyp** (Nlaka'pamux)

**Kukwstsétsemc** (Secwepemc)

**Gila'kasla** (Kwakwaka'wakw)

**HÍSWKE** (Sen'cōten)

**ᑕᑦᑕᑦᓐᓐᓐᓐ** (Ayajuthem)

**Kleco Kleco** (Nuu-Chah-Nulth)

**Sechanalyagh** (Tsilhqot'in)

**Snachailya** (Dakelh)

**T'oyaxsim nisim** (Gitxsan)