

HONOURING MY JOURNEY

MY ADVANCE CARE PLANNING BASKET



NAME

ADDRESS



Many nations across Turtle Island use baskets to collect and carry important things such as berries, water and other harvested goods that keep us healthy and strong.

*Advance Care Planning is like collecting your wishes about what is important to you for your health and wellness journey. In your advance care planning basket, you can put things like your wishes for health care, who you would like to speak for you if you are unable, cultural practices that are important to you, Spirit journey plans and any medicines that you want. You can also identify things that you don't want like travel out of community or lifesaving procedures. **Each person's basket will be filled with what matters to them.***

Lucy Barney

Knowledge Keeper

T'it'q'et Nation & retired Registered Nurse



First Nations Health Authority
Health through wellness

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This **Honouring My Journey** workbook is a tool to help you prepare for your future health care. It's like preparing a basket of resources and supports that you can reach into when needed. This process is also called Advance Care Planning (ACP). It helps your voice to be heard by those walking alongside you on your journey. Although this is not a legal document, it can guide future health care decisions and help to have your wishes honoured.

There are 5 steps to preparing an Advance Care Planning basket: THINK, LEARN, DECIDE, TALK and RECORD. These steps will help you gather what is needed to fill your basket.

Baskets have been traditionally used to enhance daily life. In this case, your basket is a useful tool that may include what matters to you (values, goals, traditional practices, health care wishes and your support people). It may also include choosing a person you trust to make decisions for you if you are not able to speak for yourself. In healthcare, this is called a substitute decision-maker. Preparing your basket is a gift to yourself and those around you. It is a gift of guidance that will help to ensure your wishes are respected.

WHY PREPARE YOUR BASKET

- Your voice matters in health decisions
- You can outline what culturally safer care means to you
- Many people are not able to speak for themselves due to illness, accident, medications, etc. at some point along their journey
- It helps guide decisions that reflects what is important to you
- Knowing your wishes promotes peace of mind for people walking alongside you
- Helps to decrease stress and conflict for your family

HOW TO PREPARE YOUR BASKET

This Honouring My Journey workbook is for you. We invite you to take your time and answer the questions that you feel ready to complete. Know that you can come back anytime and update it. Each person's basket is as unique as they are.

You may find it useful to read "***Your Care, Your Choices: Planning in advance for medical care***" found at www.fnha.ca/acp. If you have questions, write them down and ask to speak about them with your health care team (doctor, nurse, Indigenous Navigator, etc.). You have a right to have your questions answered and have the option to bring a support person with you.

STEP ONE



We invite you to think about your beliefs, values, goals, and cultural ways that matter to you. We all live our lives in different ways and express what is important to us every day. Knowing what matters to you and then sharing it helps family, friends, and your health care team provide support and care that honours your wishes. Here are some questions to think about:

WHAT IS IMPORTANT TO YOU, YOUR BODY, MIND, HEART AND SPIRIT?

Reflect on what makes your life meaningful. What brings you joy and gives you comfort? How do you like to spend your time and with whom? What are your goals? What are your cultural practices? *(For example: spending time with loved ones, harvesting or hunting, crafts, being on the land, ceremony, smudging, prayer, being independent, eating traditional foods, drumming, etc.)*

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WHAT DOES THE BEST POSSIBLE CARE LOOK LIKE TO YOU?

(Examples: I need to have quiet moments every morning or other routines, I will ask for the details of my illness when I am ready, I don't want to be in pain, I am OK to leave community for short times, etc.)

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HOW DO I LIKE TO MAKE HEALTH CARE DECISIONS?

WHO	WHEN
By myself	
With others (i.e. family and/or friends)	
With my care team (doctor, nurse, spiritual/cultural support, counsellor)	
Other	

The health care team will offer treatments based on your situation. (*Examples: lab work, medication, surgery, life saving measures*). There may be medical treatments that you may or may not want. It is ok to ask questions including what to expect and what other options are for care. At any time, you can choose to stop or say “no” to medical treatment(s). You can share your choices for care which may include land based healing, ceremony, or traditional medicines. If you have clear and specific medical wishes to be followed, you may complete an Advance Directive (see *Your Care, Your Choices* for an Advance Directive form or discuss with your doctor/ NP). An Advanced Directive is a legal document that outlines your specific wishes for care.

WHO ARE SUPPORTS ON MY HEALTH CARE JOURNEY?

You may share your health care journey with friends and family who walk alongside you and support you in holding your basket. Each person will have different gifts that they can share in supporting you.

(Example: **Name:** *Elder Claire* **Gift:** *I can talk to Claire when I need cultural guidance.*
Name: *Neighbour Jim* **Gift:** *Can help drive me to medical appointments.*)

NAME	PHONE	GIFT

CONSIDERATIONS FOR MY JOURNEY BASKET

THINGS TO THINK ABOUT WHEN PREPARING AN ACP PLAN

CARE IN
COMMUNITY?

LIFE SUPPORT
OR COMFORT
CARE?

HOSPITAL
CARE OUT OF
COMMUNITY?

LAND BASED
MEDICINE?

WHAT BRINGS
ME JOY?

CULTURE?

TREATMENT I
DO OR DO NOT
WANT?

SPIRITUAL
CARE?

TRADITIONAL
PRACTICES OR
CEREMONIES?

WHO ARE MY
SUPPORTS?

STEP TWO



You have the right to know about your health and your options for care. Learning about your health helps you prepare for making decisions. Consider how much you would like to know and what questions you have.

WHAT IS GOING ON WITH MY HEALTH?

(Example: **Challenge:** *Type 2 diabetes.* **Strength:** *I keep my blood sugars balanced by eating traditional foods, dancing and smudging.* **Challenge:** *I feel nervous when I go to the hospital.* **Strength:** *When I have my family with me, I feel supported and able to voice my needs.*)

CHALLENGES	STRENGTHS

WHAT QUESTIONS DO I HAVE ABOUT MY CURRENT HEALTH?

(Examples: *What treatments are available for...? What are the side effects? How do I access support like an Indigenous Patient Navigator? What are my rights? Will I need to leave community? Can someone travel with me? Will the treatment interact with the traditional medicines that I use?*)

QUESTIONS	ANSWERS

STEP THREE



Whenever possible, you and your health care team will make decisions together about your care. However, unexpected events can happen that can lead you to be unable to speak for yourself. This could be from an accident, side effects of a medication, confusion, or becoming unconscious. It could be for a short time or it could be permanent. Your voice can still be heard if you have shared your values and wishes with someone you trust, who can make decisions when you are unable to.

WHO WOULD YOU LIKE TO BE YOUR VOICE IF YOU COULDN'T SPEAK FOR YOURSELF?

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In the event that you are unable to make decisions for yourself, the health care team follows BC law to determine who will be contacted to help make health decisions. This person is called a *Temporary Substitute Decision Maker*. See list on the next page for the order that is to be followed.

You can also complete a Representation Agreement to appoint someone. There are many advantages to having a Representation Agreement to help with decision making for finances, personal care and health care. See *Your Care, Your Choices* for a copy of the legal documents. Note: a lawyer is not needed to complete a Representation Agreement. For legal guidance, you can contact a lawyer, Aboriginal Legal Aid, a social worker or speak to your band office.

Note: Decision makers must honour and respect your values, beliefs, wishes and instructions

My Temporary Substitute Decisions Maker (TSDM) List

(Complete contact list and share it with your health care team)

SPOUSE (includes married, common-law, same sex. Length of time living together does not matter)

NAME	PHONE
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ADULT CHILDREN (birth order does not matter)

NAME	PHONE	NAME	PHONE
NAME	PHONE	NAME	PHONE

PARENTS (may include adoptive)

NAME	PHONE	NAME	PHONE
NAME	PHONE	NAME	PHONE

BROTHERS OR SISTERS (birth order does not matter)

NAME	PHONE	NAME	PHONE
NAME	PHONE	NAME	PHONE

GRANDPARENTS

NAME	PHONE	NAME	PHONE
NAME	PHONE	NAME	PHONE

GRANDCHILDREN

NAME	PHONE	NAME	PHONE
NAME	PHONE	NAME	PHONE

ANYONE ELSE RELATED TO ME BY BIRTH OR ADOPTION

NAME	PHONE	NAME	PHONE
NAME	PHONE	NAME	PHONE

CLOSE FRIENDS

NAME	PHONE	NAME	PHONE
NAME	PHONE	NAME	PHONE

A PERSON IMMEDIATELY RELATED BY MARRIAGE (equally ranked)

NAME	PHONE	NAME	PHONE
NAME	PHONE	NAME	PHONE

HONOURING MY JOURNEY BASKET

MY VALUES, BELIEFS AND WISHES FOR MY HEALTH CARE

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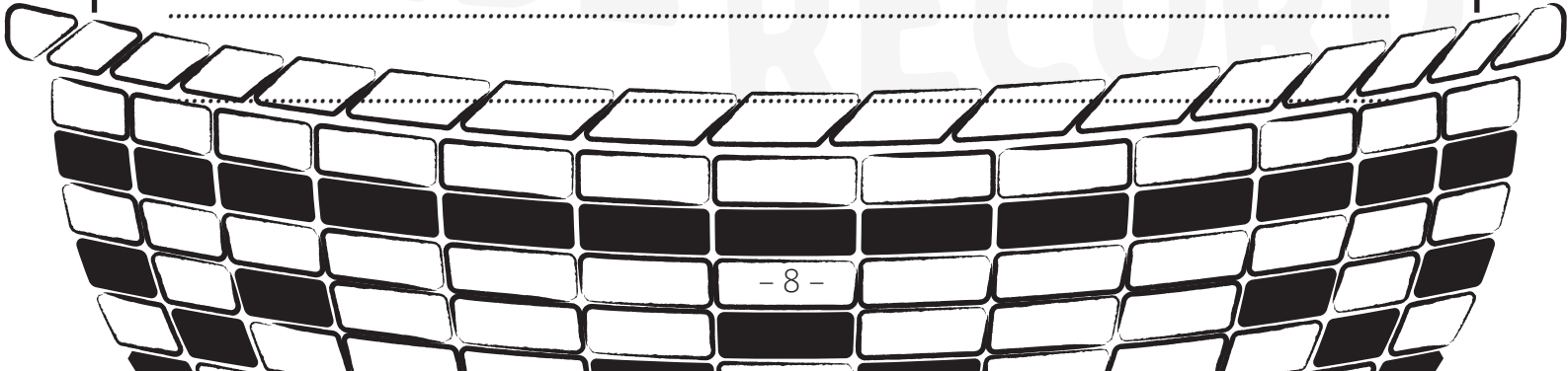
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THINK LEARN
DECIDE PLAN
RECORD



STEP FOUR

TALK



We invite you to share your health care wishes with the people who are close to you, your health care team and especially your substitute decision maker(s). Talking with your family and friends can be brief and maybe something you revisit like sharing what matters to you over a coffee or during a walk, or maybe consider having a talking and sharing circle. This is one of the most important steps.

WHAT DO YOU WANT TO BE SURE TO SAY?

We invite you to list your wishes and what matters most to you on the facing page.

WHO DO I WANT TO SHARE MY BASKET WITH?

(Examples: : family, friends, caregivers, health care providers)

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WHEN IS A GOOD TIME TO TALK AND WHERE?

(Examples: family meeting, over coffee, book an appointment with my nurse practitioner or doctor)

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STEP FIVE



You can record your Advance Care Plan in writing or by making a digital (audio or video) recording. You may also want to complete legal documents found in *Your Care, Your Choices*.

Bring this workbook and any ACP legal documents with you when you go to medical appointments or to the hospital. Remember to keep this information in a place that people can easily find. Some people keep their documents in a Greensleeve (magnetic vinyl wallet) on their fridge. Email cdsi@fnha.ca to have a Greensleeve mailed to you.

Remember you can change your answers at any time. It's a good idea to review your plan regularly and add to your basket as you need.

NEXT STEPS

- Share your wishes with the people who are important to you
- Talk to your health care providers about your questions and health care wishes
- Update your basket if you have changes in your health, life situations, or if your wishes change
- Consider completing legal documents that may be relevant to you (advance directive, representation agreements, power of attorney and Will)
- Let people know where you keep your basket (Advance Care Plan) or legal papers

HELPFUL LINKS

First Nations Health Authority Advanced Care Planning webpage
for resources and helpful links
www.fnha.ca/acp



Register for organ donation
<https://register.transplant.bc.ca>



First Nations Health Authority Quality Care & Safety Office for
support if you have concerns about health care services
<https://www.fnha.ca/what-we-do/cultural-safety-and-humility/quality-care-and-safety-office>

