

# Health PEI

One Island Health System

Speak Up

Start the conversation  
about end-of-life care



## Advance Care Planning

Advance Care Planning helps in giving guidance, confidence and strength to those close to you in the event that you become too ill to make healthcare choices on your own.

**The time to prepare your  
Advance Care Plan is now.**

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## Health PEI

Advance Care Planning  
902-620-3045/902-894-0337

I have had Advance Care Planning talks with this person.  
Please contact:

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_ Ph. #: \_\_\_\_\_

## Advance Care Planning

- Think about what gives your life meaning
- Talk to your doctor about your healthcare
- Discuss your wishes for your future healthcare with family and friends
- Think about who you would like to speak for you, when you cannot speak for yourself
- Record your choices



This material was adapted with permission from Fraser Health.

### I have an Advance Care Plan

Name: \_\_\_\_\_

Dr.: \_\_\_\_\_

Birth date: \_\_\_\_\_

Health #: \_\_\_\_\_

Are you an organ and tissue donor?

Y

N

Have you talked with your family?

Y

N