

## Basic Steps for Capable Adults

- 1 Access the My Voice advance care planning guide online at [www.gov.bc.ca/advancecare](http://www.gov.bc.ca/advancecare). If you need help finding the guide online, call HealthLink BC at 8-1-1.
- 2 Think about your beliefs, values and wishes for future health care treatment. Have conversations with family/friends, physicians, and health care providers. Read pp. 5-7 and p. 22 \*
- 3 Write down your beliefs, values and wishes for future health care treatment. Decide what health care treatments you will or won't accept. Complete pp. 30-31
- 4 Write down the contact information for the people who could be individually asked to be your temporary substitute decision maker (TSDM) if a health care decision is needed for you. Read pp. 9-10  
Complete p. 28

Note: To name a specific person to make decisions on your behalf, see representation agreements below.

## You have the option of including the following item(s) in your advance care plan:

### Standard Representation Agreement: Section 7

Allows an adult with lower level of capability to name a representative to make their routine financial management decisions, personal care decisions and some health care decisions. Does not allow the representative to refuse life support or life prolonging medical interventions.

Read pp. 11-12  
Complete pp. 34-43

### Enhanced Representation Agreement: Section 9

Allows you to name a representative to make your personal care decisions and some health care decisions, including decisions to accept or refuse life support or life-prolonging medical interventions. Does not allow the representative to make financial or legal decisions on your behalf (see enduring power of attorney).

Read pp. 12-14  
Complete pp. 44-49

*Read pp. 16-18 for information about making an advance directive + representation agreement*

### Advance Directive

Allows you to state your decisions about accepting or refusing health care treatments directly to a health care provider. The advance directive must be followed when it addresses the health care decision needed at the time. No one will be asked to make a decision for you (see exceptions in My Voice guide).

Read pp. 14-15  
Complete pp. 50-51

### Enduring Power of Attorney

Allows you to appoint someone to make financial and legal decisions on your behalf if you become incapable.

Read p. 19

## When you have completed your plan:

- ✓ Put your documentation in a safe, accessible place and give copies to physicians, health care providers, representative(s), family/friends.
- ✓ Review, change or cancel your advance care plan as needed. See pp. 20-21 in the guide.

## For more information:

- ⇒ Watch videos and find brochures on advance care planning online at [www.gov.bc.ca/advancecare](http://www.gov.bc.ca/advancecare).
- ⇒ Read frequently asked questions about advance care planning at [www.gov.bc.ca/advancecare](http://www.gov.bc.ca/advancecare), or click here.