The Importance of Advance Care Planning

Every spring, Canada celebrates National Advance Care Planning Day on April 16th. This day brings awareness to the importance of planning for your future health-care needs and is a reminder that planning ahead is something you can do anytime of year. In the past year the COVID-19 pandemic has reinforced how important it is to be prepared for the unexpected.
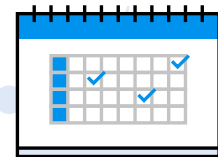
My Voice
Expressing My Wishes for Future Health Care Treatment

Advance Care Planning Guide

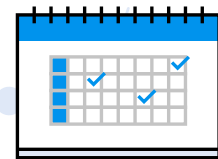BRITISH COLUMBIA

What is Advance Care Planning?

Advance care planning involves thinking about, and communicating your wishes for, your future health-care treatment or needs so that they are clear to both loved ones and health-care providers in the event you are incapable of doing so.

By planning ahead, you can:

- make your wishes and instructions for your future health care known;
- provide your health-care team with information to guide them in your care; and
- help ease the burden on your loved ones at a difficult time.

According to a BC Centre for Palliative Care poll conducted in 2020, **76% of adults** think it's important to plan for their future health care, but only **33% have heard** of advance care planning, and even fewer have recorded their wishes. While having these conversations with your loved ones can be difficult, it is never too early to start planning.

How to begin planning

Tell someone close to you, or your health-care provider, that you want to talk about your future health-care needs and wishes. It is important to have as many conversations as you need.

You can use the provincial guide and workbook, My Voice: Expressing My Wishes for Future Health Care to support you in your options. My Voice can help you learn more about advance care planning and begin making your plan. It also includes optional forms to further support the development of your advance care plan.

Learn more about advance care planning.

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