



Advance Care Planning Worksheet

Identifying your Substitute Decision Maker

1. Imagine you were lost at sea. Who would you want to make the decision about how long to search for?
2. If you were diagnosed with a terminal illness, who would you tell first? Who would you turn to for advice? Who would you NOT turn to for advice?
3. If you needed help going to the bathroom today, who is the first person you would ask for help? Who would you never be able to ask?
4. The person you can talk to about anything is....
5. The person who knows you better than anyone is...
6. The person who you can depend on the most is...
7. Name the 3-person committee who should be consulted on any decisions about whether to continue life-saving care if you are mentally incapable to decide yourself. Circle the name of the head of the committee.

Thinking about your wishes, values and beliefs

1. How would you describe yourself to someone who didn't know you? (e.g., what do you like to do, who do you like to be with, etc.)

2. In order to provide you with the best care possible, what 3 non-medical facts should your doctor know about you?

3. If a nurse asked you whether you are a spiritual person, what would you say?

4. What activities make you lose track of time?

5. What habit/hobby makes your life worth living?

6. When you think about care at the end of your life, do you worry more about:
 - a. Not getting enough care
 - b. Getting overly aggressive care
 - c. Other:

7. Do you want your doctor to be focused on maximizing:
 - a. The length of your life
 - b. The quality of your life
 - c. Other

8. What matters most about living?

Ideas for starting the conversation

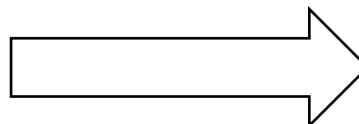
- “I need your help with something”
- “I was thinking about what happened to_____ and it made me realize...”
- “I was at a workshop today and I would like to share the information I learned with you”
- “It’s coming up to my ____ birthday and it has gotten me thinking about my future...”
- “I just filled out a booklet/worksheet about myself and I would like to share it with you”

Ideas about what to talk about

- Letting SDM and other loved ones know your wishes, values and beliefs
- What do they need to know about you in order to make decisions the way you would?
- What brings quality to your life?
- What brings you pleasure and joy?
- What fears do you have about your health?
- What is a good day for you?
- What are your “ice cream and football” must-haves?

Advance Care Planning Checklist

1. I have determined who my SDM(s) is/are - **Yes No**
2. I have completed the SDM card and put it in my wallet with my health card - **Yes No**
3. I have thought about my wishes, values, beliefs, what’s important to me - **Yes No**
4. I have shared my wishes, values, beliefs with my SDM(s) - **Yes No**
5. I have shared my wishes, values, beliefs with other loved ones - **Yes No**
6. I have told my doctor who my SDM is - **Yes No**



Helpful Resources

Conversations Worth Having website www.acpww.ca

Speak Up Workbook

Advocacy Centre for the Elderly www.acelaw.ca

Ontario Speak Up Website www.speakupontario.ca

For more information, please connect with us!

www.acpww.ca