

Start the Conversation

Use the questions below to start a conversation with the people you trust.

Would you know where to look for a copy of my important personal information?

What do I worry about most when it comes to my future health?

What values, beliefs and activities are most important to me?

Advance Care Planning is a process of thinking about your values, beliefs, and wishes for future health and personal care, and sharing them with the people you trust.

Who would I want involved in decisions about my healthcare?

Do you know my thoughts about being an organ donor?

Which is more important to me – the length of my life or the quality of my life?

Who would I feel most comfortable with helping me with my personal care?