

ADVANCE CARE PLANNING RESOURCES

Advance Care Planning (ACP) is one way to be prepared for the unexpected. ACP is about talking with your family, friends and healthcare team, so they know how you wish to be cared for if you ever become ill or badly hurt.

Resource name and links for further information:	
First Nations Health Authority	Your Care, Your Choices: planning in advance for medical care: https://www.fnha.ca/about/news-and-events/news/your-care-your-choices
VIDEOS to view with your family, clients and community members	<p>First Nations Videos: http://livingmyculture.ca/culture/first-nations/</p> <p>Talking to my community (shows real people, including Indigenous nurse): https://www.youtube.com/watch?v=E_BWRGl3Gk (3 minutes)</p> <p>Talking to my community (cartoon): https://www.youtube.com/watch?v=wm5sgASWEag (3 minutes)</p> <p>5 steps of Advance Care Planning: https://www.youtube.com/watch?v=mPtU-FpY1Kw (2 minutes)</p> <p>Fraser Health Advance Care Planning: http://www.youtube.com/watch?v=-M31-NiH3yU (18 minutes; shows other cultures/ ethnicities)</p> <p>Speak Up! Advance Care Planning: https://www.youtube.com/watch?time_continue=3&v=wm5sgASWEag (cartoon; 3 minutes)</p> <p>Atul Gawande: How to Talk End of Life with a Dying Patient http://www.youtube.com/watch?v=45b2QZxDd_o&NR=1 (3 minutes)</p>
COVID-19 specific	<p>Vital Talk: COVID-19 Conversation Tips: https://www.vitaltalk.org/guides/covid-19-communication-skills/</p> <p>Providence Health Care: TOOLS for COVID-19 conversations: http://covid19.providencehealthcare.org/resources/tools-covid-conversations-patientsdms (video on using Serious Illness Conversations Guide, specific to COVID-19)</p> <p>Advance Care Planning during COVID-19 - Fact Sheet (includes general conversations about COVID-19): https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/health-professionals</p>
Healthlink BC	<p>Should I receive CPR and Life Support? www.healthlinkbc.ca/health-topics/tu2951</p> <p>Should I Stop Treatment That Prolongs My Life? www.healthlinkbc.ca/health-topics/tu1430</p> <p>Should I Have Artificial Hydration and Nutrition? www.healthlinkbc.ca/health-topics/tu4431</p>

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<p>Government of BC</p>	<p>Government of BC: Advance Care Planning: https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning</p> <p>QUICK TIPS on different ACP documents in BC: https://www2.gov.bc.ca/assets/gov/people/seniors/health-safety/pdf/advancecareplanningquicktips.pdf</p>
<p>National Resource</p>	<p>Speak Up Campaign, Canadian: www.advancecareplanning.ca</p>
<p>BC Specific</p>	<p>People’s Law School: Planning for your Future https://www.peopleslawschool.ca/everyday-legal-problems/planning-your-future/start-your-planning-here</p> <p>BC Centre for Palliative Care: promotional items for ACP within BC (public and healthcare provider): https://bc-cpc.ca/cpc/acp/</p>