

# TALKING ABOUT END OF LIFE CARE

HOW TO HAVE POSITIVE END OF LIFE CARE PLAN DISCUSSIONS:

Your doctor may suggest that you consider your end of life care wishes.



1.

Talk to your family about your wishes, beliefs and values around your end of life care preferences. Designate your Substitute Decision Maker (SDM).



2.

Revisit your end of life preferences based on your prognosis and stage of life.



3.



80% of Canadians say they have not heard of advance care planning.



50% of Canadians have had a discussion with a family member or a friend about their end of life care wishes.

Source:  
Speak Up, 2018 - <http://www.advancecareplanning.ca>