

Speak Up  
Start the conversation  
about end-of-life care

**JUST ASK:**

Talking to patients and families  
about Advance Care Planning



A large, stylized yellow graphic consisting of overlapping circles and curved lines is positioned in the top-left corner of the slide.

## **ASK YOUR PATIENT:**

**What do you understand about your illness or what's happening to you?**

- Then offer to provide your view of prognosis, etc. Check who they may want present for this conversation.

**Do you have a living will, advance directive, or advance care plan? Do you know what I mean by those terms?**

- If yes, discuss details.

**If no, then ask, “If we need to make decisions about your care and you were unable to speak for yourself, whom would you want me to speak to about your care?”**

- Leads to natural exploration of role of Substitute Decision Maker (SDM) and need for someone.

**Have you talked to your SDM (or anyone else) about your wishes or preferences for health care decisions that may come up (e.g., resuscitation)? May I ask what you discussed?**

- Explore discussions with family, SDM, health care providers.

**What is important to you as you think about this topic?**

**Do you have the information you need to make decisions about the kinds of treatments you do or do not want if you become very sick with a life-threatening illness?**

*Find out more:* [www.advancecareplanning.ca](http://www.advancecareplanning.ca) 

## ASK YOURSELF:

- Did I ask my patient about preferences for end-of-life care?
- Do I know who to contact if the patient cannot communicate their wishes?
- Did I include the family?
- Do I feel confident that I know my patient's wishes for care?
- Did I accurately document the nature of the conversation and decisions made?

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