

# Advanced Care Planning Day Planning Document

## ACP Station

What it is, and questions to consider

Advance Care Planning is a process of reflection and communication for you to reflect on your values and wishes, and to let others know what kind of health and personal care you would want in the future if you become incapable of consenting to or refusing treatment or other care.

Questions to consider for ACP:

1. What do I value most in terms of my mental and physical health?
  - i. (For example, being able to live independently, being able to recognize others, being able to communicate with others)
2. What would make prolonging life unacceptable for me?
  - i. (for example, not being able to communicate with those around me, being kept alive with machines but with no chance of survival, not having control of my bodily functions)
3. When I think about death, I worry about certain things happening
  - i. (for example, struggling to breathe, being in pain, being alone, losing my dignity, etc.)
4. If I were nearing death, what would I want to make the end more peaceful for me?
  - i. for example, family and friends nearby, dying at home, having spiritual rituals performed, etc.)
5. Do I have any spiritual or religious beliefs that would affect my care at the end of life?
  - i. (for example, certain beliefs about the use of certain medical procedures)
6. Other wishes and thoughts
  - i. (write down anything that would help others understand and support you at the end of life)

Additional forms for this:

- Advance Directive
- Standard Representation Agreement Section 7

## Wills Station

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/financial-legal-matters/wills-and-estate-planning>

What is a will: A will is a legal document left by someone who has died. It lets the court know what to do with that person's estate.

Why you should make a will? A will:

- Clarifies for family and friends what your wishes are and who is to carry them out
- Allows you to choose someone you trust to be the executor of your estate
  - The executor is the person or organization named in your will to administer and distribute your estate
  - Your estate is all the money, assets and property you own
- Allows the person you name as your executor to act immediately, for example:
  - Make funeral arrangements
  - Take control of your estate
- Makes sure your possessions are dealt with as you have directed in the will
- Provides you the opportunity to make arrangements for minor children, other dependants and pets
- Minimizes the costs, effort and uncertainty involved in administering your estate

Choosing your executor Choosing your executor is important. Most people choose their spouse, an adult child, parent, guardian or trusted friend. Some people choose a professional, such as a lawyer or trust company. Alternatively, the Public Guardian and Trustee (PGT) may agree to be your executor.

Whatever you do, always make sure the person you wish to appoint as executor is willing and able to take on the responsibility. It is important that your executor also know where to find your original will.

**Responsibilities of your executor include:**

- Making funeral arrangements
- Identifying, securing and dealing with assets
- Identifying and paying valid debts and claims
- Cancelling subscriptions and charge cards, redirecting mail and wrapping up other personal matters
- Filing tax returns
- Dealing with legal issues that arise
- Distributing the balance of the estate to your beneficiaries

**Once you have made a will:**

- Tell your executor where you keep your will and other important documents they will need to administer your estate
- Discuss with your executor and family the kind of funeral you want to have
- Make a family tree as this may be needed later
- List the current addresses and phone numbers of your beneficiaries

## Power of Attorney Station

<https://www.canada.ca/en/employment-social-development/corporate/seniors/forum/power-attorney-financial.html>

Forms for this:

- Enhanced Representation Agreement: Section 9
- Enduring Power of Attorney

Enhanced Representation Agreement: Section 9 - allows you to name a person to make personal care decisions and some health care decisions, including decisions to accept or refuse life support or life-prolonging medical interventions for you

Enduring Power of Attorney - Allows you to appoint someone to make financial and legal decisions on your behalf if you become incapable

### Power of Attorney is

A power of attorney is a legal document that you sign to give one person, or more than one person, the authority to manage your money and property on your behalf. In most of Canada, the person you appoint is called an “attorney.” That person does not need to be a lawyer.

A **general power of attorney** is a legal document that can give your attorney authority over all or some of your finances and property. It allows your attorney to manage your finances and property on your behalf only while you are mentally capable of managing your own affairs. It ends if you become mentally incapable of managing your own affairs.

A general power of attorney can be “specific” or “limited”, which can give authority to your attorney for a limited task (e.g. sell a house) or give them authority for a specific period of time. The power of attorney can start as soon as you sign it, or it can start on a specific date that you write in the document.

An **enduring or continuing power of attorney** is a legal document that lets your attorney continue acting for you if you become mentally incapable of managing your finances and property. It can also give your attorney authority over all or some of your finances and property. An enduring or continuing power of attorney can take effect as soon as you sign it. In some cases, it is possible to have the power of attorney come into effect only when you become mentally incapable, if this was specified in the document.

## After Death Station

What do you want to happen to yourself after you die?

- Do you want your body to be allowed to stay with your family, or taken away immediately?
- Are you/do you want to be an organ donor? <https://www.blood.ca/en/organs-tissues/deceased-donation/organ-donation-after-death>
- Cremation or burial? (or other?)
  - Do you want a fancy casket?
  - Do you have a particular funeral home you want to work with?
  - Do you want to set aside money for this, or prepay?
  - Where do you want your remains to go? (i.e. scattered, stored, etc)
  - Or, where do you not want your remains to go?
- Funeral or celebration of life?
  - Would you like a religious ceremony?
  - Want to choose your music?
  - Who isn't invited?
  - Do you want your loved ones to dedicate a day of remembrance for you every year, or let them remember you in their own time?
- These are suggestions of things to think about, not an exhaustive list!

Decide what you want, then write it down!

[Planning a Funeral - Virtual Hospice](#)