

ADVANCED CARE PLANNING

FREE RESOURCES

SPEAK UP CANADA

It's About Conversations. It's About Wishes.

Advance Care Planning is a process of reflection and communication. It is a time for you to reflect on your values and wishes, and to let people know what kind of health and personal care you would want in the future if you were unable to speak for yourself.

[CLICK HERE](#)

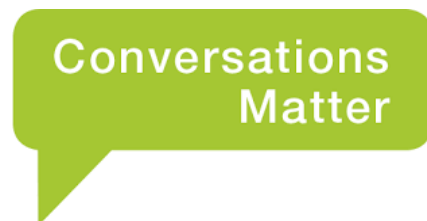


CONVERSATIONS MATTER - ALBERTA HEALTH SERVICES

Specific to Albertan's needs.

An interactive guide for making healthcare decisions.

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DYING WITH DIGNITY

Don't leave your end-of-life care to chance.

This free Advance Care Planning Kits take the guesswork out of documenting your wishes for end of life.

[CLICK HERE](#)



THE CONVERSATION PROJECT

When it comes to end-of-life care, talking matters.

Talking with your loved ones openly and honestly, before a medical crisis happens, gives everyone a shared understanding about what matters most to you at the end of life.

[CLICK HERE](#)

