What if you had a sudden illness or injury and could not speak for yourself?  
Who would you want to speak for you?  
What would you want them to know about your health care wishes?

**What is advance care planning?**

Advance care planning (ACP) is a process that helps you:

- Think about your values and goals,
- Reflect on health care choices you may have to make in the future,
- Select a person who can make choices for you if you cannot make them yourself, and
- Make a written plan for the future.

**What is an advance directive?**

It is important to write down your goals, values and preferences. There are many ways to do this. We recommend that you use a document called an *advance directive*. This allows you to choose a person who can make health care decisions for you. This person will *only* make choices if you cannot make them yourself.

**Start planning now.**

Make an appointment with an ACP facilitator today to start this process. This person will help you have a conversation with your loved ones about what matters the most to you for future medical choices.