



Dying With Dignity

It's your life. It's your choice.

PRESENTS

An Advance Care Planning Workshop

When: *Thursday June 13*

Where: **Top Generation Club,**
4373 Generation Court, Ottawa, ON K0A 2Y0

Time: 1—4 pm

AT THIS WORKSHOP YOU WILL USE THE ONTARIO
ADVANCE CARE PLANNING KIT AND YOU WILL LEARN
TO:

Express choices about how you would like to be
cared for in the future, at a time when you are
not able to speak for yourself.

How to choose someone to be your Power of
Attorney for Personal Care.

There is no cost for this workshop.

Supplies and refreshments are provided.

Space is limited! Please register!

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INTRODUCTION

This **Advance Care Planning Kit** invites you to think about and express your wishes for health care and treatment at the end of life. The kit is intended to provoke thinking, conversation and planning, and to encourage communication between you, your family and your health care providers.



The kit guides you through the process of considering your personal values and asks you to imagine medical situations that could happen to you. It walks you through the steps of drafting an **Advance Care Directive** and choosing a **Power of Attorney for Personal Care** who will be your substitute decision maker; this is the person authorized to speak for you if you are unable to speak for yourself.

The kit contains information on medical interventions such as CPR that may be used in end-of-life situations, and explains the Do Not Resuscitate Confirmation form. The kit also includes a glossary of terms, a summary of your legal rights as a patient, answers to some frequently asked questions, and a section on further resources.

The best time to think about your preferences for future medical care is when you are well and able. Of course it is hard to imagine how you may feel when you are not well. We offer various scenarios to help you to plan for the future, while reminding you that you can always change your mind. Advance care planning is the best way to ensure that your wishes are known to your family, your caregivers and health care providers. By doing it now, you ease the future burden of decisions that might have to be made, under difficult circumstances, by those who love and care for you.