What is advance care planning and why is it important?

Advance care planning (ACP) is a set of processes to help people think about, talk about, and document their wishes for healthcare in the event they become unable to speak for themselves. It includes designating substitute decision makers (SDMs) who will represent residents’ interests and wishes if and only if residents cannot speak for themselves.

The need for effective ACP for residents living in LTC is clear. As residents move towards their end-of-life journey, their health and symptoms change. It is the joint responsibility of LTC team members and SDMs to make sure that residents’ end-of-life wishes are honoured. Team members should be familiar with, and able to facilitate, ACP with residents, their SDMs and other family members.

GET RESOURCES

BABEL ACP provides residents, SDMs, family members, and LTC team members with the information and resources needed to support ACP. Free resources can be found at the-ria.ca/resources/babel.