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Things to  
Know About

Advance Care  
Planning  
in Ontario





#1

## Ongoing conversations

ACP is having ongoing conversations about what is important to you.



#2

## Substitute Decision Maker

ACP is knowing who your  
Substitute Decision Maker is.



# #3

## At any time

ACP can be done at any time,  
ideally before you're sick or can't  
speak for yourself.

# #4

## Sharing your wishes

ACP is sharing your wishes verbally, in writing, or as an audio or video recording.

#5



A gift

ACP is a gift, ensuring you get the care you want, and the people close to you feel better prepared to support you.





For more information, visit  
[champlainpalliative.ca](http://champlainpalliative.ca)