

TALK about medical options with your family, proxy and health care provider.

Decision Making

Some people think and work out their answers alone and others find discussing the questions with another person helpful. It is natural to have questions as you work through this process and you should seek answers – you may need to talk with your health care provider, family doctor, get in touch with the Regina Qu'Appelle Health Region at (306)766-5922 or email: advancecare@rqhealth.ca.

If you have collected some questions for your doctor(s), health care providers, or your lawyer, now is the time to meet with them to clarify the areas you either don't understand or need more information about. Perhaps you also want to consult your clergy member regarding the suitability of your choices in light of your faith tradition.

It is preferable you do this before you hold the necessary conversations with those close to you. It is a good idea to have, at least, read the sample Advance Care Plan form at the back My Voice Booklet (Pages 20-26) or at least filled it out in pencil.

By working through the process, you will end up with a much clearer idea of the type of future health care you prefer and the individuals you need to tell.

The process can take a while to complete – take as much time as you need.