

# ADVANCE CARE PLANNING

## Talk to Your Health Care Provider



**THINK** about what's right for you. What's most important to you about your end-of-life care?

**LEARN** about the different medical procedures that can be offered at the end of life. Some may improve the quality of life others may only prolong life.



**CHOOSE** your Substitute Decision Maker/Delegate. Choose a loved one who is willing and able to speak for you if you can't speak for yourself.

**TALK** about your wishes with your Substitute Decision Maker/Delegate, loved ones and doctors.



**RECORD** your end-of-life wishes in your Personal Directive. Nova Scotia has legislation which guides how to name a Delegate and record your wishes for future health and personal care. For more information and a workbook, go to [www.nshpca.ca](http://www.nshpca.ca).

Advance  
Care Planning

CANADA

[advancecareplanning.ca](http://advancecareplanning.ca)



**NSHPCA**

Nova Scotia Hospice Palliative Care  
Association

[nshpca.ca](http://nshpca.ca)

# Nikanite'tmn ta'n tl-maliamuksitesk Tlewistuk ta'n wen pem-maliamisk



**ANKITE'TE'N** Koqoey tetpaqa'q wjit ki'l. Koqoey maw keknu'e'kwjittl-maliamuksitesk pemi-m'pmn.

## KINA'MASI

wjit tel-milamu'k tel-maliamuksimk etek wjit pemi-mpmumk. Etekl aji-wla'lultal ke'sk mimajin, aqq etekl pilue'l jiptukpas~kkisa'lultal aji-pkijipnen.



**MKIN** Ta'n wen ilutekewultew. Mkin ta'n wen menaqaj illutew koqoeyelmiaq mu ki'l kisi-ilutmu'n.

**KLUSA'SI** Wjit koqoey tel-mnueken tla'teken ta'n wen kis-mkntilutekewulnin, kikmaq aqq malpale'wjjik.



## WI'KE'N

Wi'katikn-iktuk ta'n tel-mnueken tla'siktn elmiaq pmi-npmn. No'pa Skosia ala'tu'titl tplutaqnn apoqnmultal mekent ta'n wen ilutekewultew aqq wi'ke'n tel-mnueken tl-maliamuksin aqq tlo'tasin. Wjit kinua'taqn aqq elukasik wi'katikn, nasa'si kompu'tl aqq kwile'n [www.nshpca.ca](http://www.nshpca.ca) [advancecareplanning.ca](http://advancecareplanning.ca) [nshpca.ca](http://nshpca.ca)