

How to Start Your Advance Care Planning

Think

Think about your values and your wishes. [Need help?](#)

Learn

Learn about your own health. [Need help?](#)

Choose

Choose somebody to make decisions and speak on your behalf. [Need help?](#)

Communicate

Communicate your values and wishes about healthcare. [Need help?](#)

Document

Write down your plan in a personal directive. [Need help?](#)

Green Sleeve

A Green Sleeve is a green, plastic folder that holds your ACP forms (your personal directive and your [goals of care designation](#)). Keep it next to your fridge. [Need help?](#)

Checklist

- I have thought about my values and wishes as they relate to my healthcare.
- I have spoken to my healthcare provider about my health and decisions I may need to make in the future.
- I have chosen and spoken to my substitute decision maker about my wishes.
- I have talked about my healthcare wishes with my family and friends who need to know.
- My doctors and I have spoken about my goals of care designation.
- I have completed a personal directive and given copies to my substitute decision maker and healthcare provider.
- I have a Green Sleeve for my documents (including my personal directive and goals of care designation order) and put it on or near my fridge.
- I will bring my Green Sleeve to the hospital and all healthcare appointments.

Source: This material has been sourced from MyHealth.Alberta.ca
<https://myhealth.alberta.ca/Alberta/Pages/advance-care-planning-topic-overview.aspx>