



# QLP

## Quality Life Planning Services

- **Advance Care Planning**
- **Health Advocacy**
- **Conflict Resolution and Mediation**
- **Health Education**
- **Advance Health Care Directives and Living Wills**

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# Advance Health Care Planning and Consultation

*Giving thought to our future health care needs is an important aspect of estate planning. Many of us believe things will fall into place as health issues and concerns arise. In some cases this may be true but why leave important decisions about our health care to chance. By learning, planning and sharing our health preferences with others, we will be in a better position to ensure that we receive care that is aligned with what we want for ourselves.*

## **Description of Services Offered through QLP:**

**Education** on how decisions are made in health care and the common options for housing and health care needs in the final years, months, and days of life.

**Assisting** to identifying the right Power of Attorney for Personal Care (POAPC) and providing education around the guidelines governing a this legal role (i.e. Provincial regulations, managing conflict among multiple POAs, how decisions are made on behalf of a person who is deemed incapable of medical and/or shelter decisions, etc.).

**Planning** and developing of Health Care Directives, Living Wills, Advance Care Planning and End of Life care plans that can guide your family, Substitute Decision Maker, and health care professionals to make good decisions on your behalf that align with your wishes, values and health care preferences.

**Mediation** to assist in resolving conflict that may arises when medical or shelter decisions are required to be made for you or on your loved one's behalf.

*Ensuring you receive the right care, at the right time, in the right place.*