
MY ADVANCE CARE PLANNING CHECKLIST



Preparing for the “what ifs’ in life will ensure I received the care I want. When I am prepared those who will be in a position to make decisions on my behalf will also be prepared.

****If you are feeling stuck at any point during this process reach out to QLPconsultation@gmail.com for help or leave a message in the blog.****

THINK AND LEARN

- I have thought about my wishes and values and how they may influence my future health care decisions
- I have asked my health care professionals about my current health and what future health care decisions I might need to make.
- I have thought about situations I have experienced with others and how it made me feel.
- I have sourced out information on advance care planning terms and medical procedures (such as resuscitation and feeding tubes)
- I have considered what quality of living means to me.

Tip: QLP Thought Provoking Questions and Motivational Media can help you to complete this section

DECIDE AND STARING THE CONVERSATION

- I have chosen who will make medical, shelter and personal decisions on my behalf if I am not able to make these decisions from myself. This person will be my Substitute Decision Maker.
- I have identified an alternate Substitute Decision Maker in case my first choice is unable to fulfill this role.
- I have discussed my health, shelter and personal care preferences with my Substitute Decision Maker and those closest to me including my health care professionals.

Tip: QLP FAQ and Conversation Starters can help you to complete this section

DOCUMENTING

- I have created an Advance Health Care plan and/or a Health Care Directive
- I have completed Power of Attorney for Personal Care documents and provided my Power of Attorney for Personal Care a copy of my Advance Health Care Directive.
- My doctor and I have discussed my health preferences and who will be making decisions on my behalf should I become unable to do so.

Tip: QLP Services can help each step along the way including the completion of Advance Health Care Directives. [Click here for services.](#)