

# Advance Care Planning Clinician Quick Reference

## The 5 Steps of Advance Care Planning

*“What’s the quickest way to teach my clients about ACP?”*

### Think

- Encourage clients to think about what matters most to them.
- Reflect on what brings their life meaning, purpose, and joy.
- Together, consider how these values influence their future health care.

### Learn

- Assist clients in learning about their current health, treatment options, and what potential treatments they might face in the future.
- Ask clients how much medical information they want to receive, how they prefer to receive that information, and make health care decisions.

### Decide

- Encourage clients to decide who would make their health care decisions if they are not capable; who knows them best and who is willing to take on the role and responsibilities of a Substitute Decision Maker(s).
- Support them to understand the consent/SDM laws in British Columbia.

### Talk

- Ask clients to talk to the people who matter most to them about their health, wishes, cultural practices, and how they would like to live.
- Encourage clients to talk often and revisit the conversations when there is a change in health or family/friend circles.

### Record

- Create a record of all these thoughts, goals, worries, priorities and conversations; records can be written documents, audio, or video recording.
- Support clients to consider legal documents; assist clients to locate legal resources and templates.
- Encourage clients to share copies with the people who matter most to them, SDMs, and their HCPs.