

The Five Wishes of Advance Care Planning

1 The person I want to make care decisions for me

This allows you to name someone you trust to make medical decisions for you if you are unable to do so (healthcare power of attorney).

2 The kind of medical treatment I want or don't want

Here, you can express your preferences for specific types of medical care you want when you are unable to communicate and not expected to get better (living will).

3 How comfortable I want to be

This part focuses on your comfort and pain management. It allows you to specify how you want to be cared for if you're in pain, or how you want your emotional and physical comfort to be prioritized.

4 How I want people to treat me

This section addresses your personal and emotional needs, such as how you want to be treated by those around you: your family, friends and caregivers.

5 What I want my loved ones to know

The final wish allows you to share your thoughts, feelings and final hopes for your family and loved ones, to help them understand your end-of-life decisions.