



Hospice Highlights

Advance Care Planning is about talking with your family, friends and health care team so they know how you wish to be cared for if you ever become ill or badly hurt. It's thinking about what matters – your values, goals, traditional practices and preferences. It's also about deciding who will speak for you if you can't.

Advance Care Planning is one way to be prepared for the unexpected.

Let's face it. We all hope to die peacefully, able to communicate until the very end. But that's not always the case. An advance Care Plan allows you to make decisions today to prepare for the unexpected. Some people feel strongly about things like resuscitation, intubation, breathing tubes, feeding tubes, blood transfusions, etc. An ACP will give you the opportunity to make your decisions ahead of time so that if the time comes that you cannot make decisions for yourself, others will know what is important to you and be able to carry out your wishes.

The Terrace Hospice Society offers workshops that will show you how to appoint a Substitute Decision Maker, what an Advance Directive is, what Representation Agreements are used for, what is the difference between a Rep 7 and a Rep 9, and so much more. At the end you will be able to have a completed Advance Care Plan which will bring peace of mind to you and your loved ones. These workshops are a free service of the Terrace Hospice Society.

But don't let the price of these workshops fool you..... they may be FREE but they are priceless in terms of value and the peace of mind that it brings to you and your loved ones. For you it can relieve the uncertainty of not being heard and for your family it gives them clear direction to make decisions on your behalf at an already stressful time.

And for those who are having a hard time bringing up the topic of death and dying to family members, we would be happy to deliver a private workshop for you and your loved ones

in the comfortable setting of your own home. Sometimes it's easier for a non-family member to bring up this delicate topic. And I promise you that once everyone has heard the presentation, they will agree that everyone should have an Advance Care Plan.

Many of you are now homebound because of covid 19 which makes this the perfect time to get your plan in place. We are now offering a 4 hour course via video conferencing so that you can all stay home with your feet up and still get your plan completed. It will be spread over 2 weeks to allow time to think about the care that is right for you. In week 1 you will learn all of the components of an Advance Care Plan and in week 2 we will assemble them and complete your plan.

**Call Terrace Hospice at
250-635-4811 for the next
ACP Workshop dates.**

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Terrace Hospice Society <http://terracehospice.org/>

#207 – 4650 Lazelle Ave Terrace, BC V8G 1S6 · Phone: (250) 635-4811