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ADVANCE CARE PLANNING RESOURCES



Speak Up Workbook

An online interactive version of the Speak Up! workbook, which helps you work through the 5 steps of Advance Care Planning.

[Click here.](#)



ACP in 5 Steps

The 5 steps to Advance Care Planning in a quick-reference list.

[Click here.](#)



Champlain Region Resources

A list of hospice palliative care providers and organizations in your community.

[Click here.](#)



Power of Attorney for Personal Care Form

This booklet contains forms for Continuing Power of Attorney for Property and Power of Attorney for Personal Care. [Click here.](#)



Conversations: The Heart of ACP

A practical guide to having conversations about your values, wishes and beliefs. [Click here.](#)



Making my Wishes Known

Go through these questions to help you explore your values, wishes and beliefs as well decide on a substitute decision maker.

[Click here.](#)



Plan Well Guide

This is an online interactive tool to help you learn about medical treatments and prepare you for decision-making during a serious illness. [Click here.](#)



Frequently Asked Questions on MAID

This document contains answers to frequently asked questions regarding MAID. [Click here.](#)



ACP Conversations Video

This short video includes people describing why and how they engaged in advance care planning.

[Click here.](#)



Walter Gretzky Speaking Up!

In this video, Walter Gretzky and his daughter Kim and grandson Nathan talk about their wishes and values, and why it's important to have these conversations.

[Click here.](#)

Compassionate Ottawa



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