

## **End of life resources in Victoria**

Province of British Columbia

Memorial Society of British Columbia

Dying With Dignity Canada

Service Providers

1. Centre for Earth and Spirit
2. Greater Victoria Eldercare Foundation
3. Yakimovich Wellness Centre
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## **Province of British Columbia**

[End-of-Life Care - Province of British Columbia - Government of BC](#)

<https://www2.gov.bc.ca> › [home-community-care](#) › [care-options-and-cost](#)

Advance care planning is the process of thinking about and writing down your wishes or instructions for present or future health care treatment in the event you become incapable of deciding for yourself. Your advance care plan should include information for a variety of situations including: hospital care during and after routine surgery, care in the event of an accident, or end-of-life decisions. In British Columbia advance directives, which are legal documents, are a legal option for all capable adults who want to do advance care planning. For information about advance care planning in B.C., including tools to get started making a plan, visit the links below.

### **Making Future Health Care Decisions**

Advance care planning begins by thinking about your beliefs, values and wishes regarding future health care treatment. It is about having conversations with your close family, friends and health care provider(s) so that they know the health care treatment you would agree to, or refuse, if you become incapable of expressing your own decisions.

When you write down your wishes and instructions for future health care, you are making an Advance Care Plan. An Advance Care Plan is a written summary of a capable adult's wishes or instructions to guide a substitute decision maker if that person is asked by a physician or other health care provider to make a health care treatment decision on behalf of the adult.

Your Advance Care Plan can also include:

- A Representation Agreement where you write your instructions and name someone to make your health and personal care decisions if you become incapable.

- An Advance Directive with your instructions for health care that are given to your health care provider, which they must follow directly when it speaks to the care you need at the time if you become incapable.
- An Enduring Power of Attorney where you appoint someone to make decisions about your financial affairs, business and property.

## Steps to Creating Your Advance Care Plan

### Step 1: Download the Advance Care Planning Guide.

The B.C. government's advance care planning guide is called *My Voice: Expressing My Wishes for Future Health Care Treatment*. You can use it to learn about advance care planning and also to make your own advance care plan that will serve as your voice in the future. Please note that you can select the pages to print from the document below (i.e. forms). You do not have to print the entire document.

- *My Voice: Expressing My Wishes for Future Health Care Treatment*
  - [English Version \(PDF, 4.0MB\)](#)
  - [Punjabi Version \(PDF, 1.0MB\)](#)
  - [Simplified Chinese Version \(PDF, 1.1MB\)](#)

If you wish to order hard copies of the *My Voice: Expressing My Wishes for Future Health Care*

Treatment guide in single or in bulk (English only), please visit Crown Publication's website [http://www.crownpub.bc.ca/Product/Details/7610003494\\_S](http://www.crownpub.bc.ca/Product/Details/7610003494_S) or by calling Crown Publications staff Monday through Friday 8:30am to 4:30pm Pacific Standard Time at: Telephone: 250 387-6409 or 1 800 663-6105 (toll-free in BC). *A charge for shipping and handling, plus applicable taxes will be applied to your order.*

If you are an employee of a health authority, please contact your health authority's advance care planning lead. Contact information may be available on your internal website.

- [My Voice Advance Care Planning Guide Quick Tips \(PDF, 346KB\)](#)

### Step 2: Have family conversations about your beliefs, values and wishes.

Every advance care plan starts with conversations between you and your trusted family members or friends. It may feel hard to get started, but usually the people who care about you will understand the need for these conversations.

Step 3: Decide what health care treatments you will or won't accept, and note them in the guide. It's important to think about when you might want to accept life-supporting interventions — things like breathing machines, or feeding tubes. You should also think about when you might prefer not to have life support or life-prolonging interventions.

Step 4: Gather the contact information for the people who could be individually asked to be your Temporary Substitute Decision Maker (TSDM) if a health care decision is needed for you, and write it down in the guide.

If you don't like the order of people to be asked on the Temporary Substitute Decision Maker list, or if you have many adult children, or if you would rather have your friend, not your brother for example, be asked to make health care decisions for you, then you can choose the person you

want to decide for you by naming them as your Representative in a legally binding Representation Agreement, so that your health care provider can ask them instead.

Step 5: Put your Advance Care Plan in a safe, accessible place.

Your Advance Care Plan is a really important document. If you have a chronic health condition, if you engage in high-risk activities, or even if you're just marking a significant birthday, you should have an Advance Care Plan. Make sure the people who need it, can find it, quickly. You can change your advance care plan at any time as long as you remain capable.

If you need help finding the advance care planning guide, call HealthLink BC, toll-free at 8-1-1 (dial 7-1-1 for deaf and hearing-impaired [TTY] assistance).

## More Advance Care Planning Resources

### *Videos*

Watch the video Advance Care Planning in BC:

- [English](#)
- [English with Punjabi subtitles](#)
- [English with Simplified Chinese subtitles](#)

### *Brochures*

For brochures about advance care planning, click below:

- Introduction to Advance Care Planning
  - [English Version \(PDF, 1.5MB\)](#)
  - [Punjabi Version \(PDF, 1.3MB\)](#)
  - [Simplified Chinese Version \(PDF, 262KB\)](#)
- [Aboriginal Health Advance Care Planning: Respecting Aboriginal Ceremonies and Rites \(PDF, 1.2MB\)](#)

Print versions (designed to be printed double-sided and folded in):

- [Introduction to Advance Care Planning \(PDF, 1.5MB\)](#)
- [Aboriginal Health Advance Care Planning: Respecting Aboriginal Ceremonies and Rites \(PDF, 1.2MB\)](#)

If you are any other organization and wish to order bulk single-page brochures on advance care planning (English only), please contact the Distribution Centre Victoria by email to [Sean.Johnson@gov.bc.ca](mailto:Sean.Johnson@gov.bc.ca).

### *Questions and Answers*

- [Frequently Asked Questions \(PDF, 592KB\)](#)

### *Information from Health Authorities*

B.C.'s regional health authorities all have some information on advance care planning. For more information, visit:

- [Fraser Health: Advance Care Planning](#)
- [Interior Health: Advance Care Planning](#)
- [Northern Health: Advance Care Planning](#)
- [Vancouver Coastal Health: Advance Care Planning](#)
- [Vancouver Island Health Authority: Advance Care Planning](#)
- [First Nations Health Authority: Advance Care Planning](#)

### *Legislation*

The Ministry of Justice provides additional legal information useful for your advance care planning. To learn more, see:

- [Incapacity Planning: Representation Agreements and Enduring Powers of Attorney](#)

*Dealing with the Legal Matters Related to a Death*

For information on the steps to take when a death occurs and instructions for obtaining death certificates, please see:

- [BC Vital Statistics: Death Registration and Certificates](#)

*Personal Planning Info and Services*

For additional personal and advance care planning information and services, please visit:

- [Public Guardian and Trustee of British Columbia](#)
- [Nidus](#)
- [Legal Services Society: MyLawBC](#)

## **Memorial Society of British Columbia**

[Planning & Resources - Memorial Society of BC](#)

<https://memorialsocietybc.org/resources>

The Memorial Society of British Columbia® (MSBC) is a non-profit organization formed in 1956. We are a completely objective source of education and information regarding the planning of funeral services. We are not a funeral home.

Our dedicated board members are not associated in any way with an independent or corporate funeral home. Our independence offers to you, our members, clear and accurate information regarding the many choices you need to make when death does come knocking.

As a member of MSBC, you can plan your farewell with the confidence that you have involved the largest consumer advocacy group in B.C. protecting your interests when it is time to make funeral arrangements. Membership gives you both peace of mind and the assurance that your final wishes will be fulfilled. Importantly, membership helps reduce stress for your family at their time of need. Our staff are on your side.

Planning Questions and Downloadable Forms

- [End of Life Planning Checkup PDF](#)
- [MSBC Arrangement Form & Vital Statistics Form \(printable\)](#)
- [Vital Statistics Form & MSBC Arrangement Form \(online\)](#)
- [All Ready To Go Binder Video](#)

## **Dying with Dignity Canada**

[Making an advance care plan - Dying With Dignity Canada](#)

<https://www.dyingwithdignity.ca> › [download your advance care plannin...](#)

Free Advance Care Planning Kits

## **Service Providers**

### **1. Centre for Earth and Spirit**

[Centre for Earth and Spirit | Earth-based wisdom for deep explorers.](#)

<https://centreforearthandspirit.ca>

Since its inception in 2003, the *Centre for Earth & Spirit* Society has been offering life-affirming programs that inspire consciousness for the human stewardship .

#### **Living Well, Dying Well**

Join a growing conversation on aging, death and dying.

Living Well, Dying Well is a multi-generational, experiential and soulful approach to the way we live and die in modern times.

Meaningful inquiry and dialogue invites participants into a deeper understanding of their personal challenges in relationship to death & dying. Embraced in a safe and welcoming environment, compassion, belonging and curiosity blossom into significant and impactful action.

Drawing on community resources, cross-cultural wisdom, and collective insights harvested in each course, Living Well, Dying well is an evolving inquiry to encourage a respectful, honourable and eco-responsible approach for end of life.

#### **Subjects tended:**

- Courageous conversations regarding your wishes with family, friends & medical providers
- Personal beliefs and values translated into clear Advanced Care Directives
- Community based resources available in end of life care
- Co-creative circles of reciprocity & enhanced learning
- Guided meditation & embodied practices to foster well-being
- Options for home & family centred death care, vigils, and green burial options
- Ceremony & Legacy – the art of giving well

### **2. Greater Victoria Eldercare Foundation**

**Free Workshops in March on Embracing Aging**

[Embrace Aging Month - Greater Victoria Eldercare Foundation](#)

[https://gvef.org > embrace-aging-month](https://gvef.org)

[Embrace Aging Month Specials, March 11 - 15, 2019 Drop in to 10030 ...](#)

[embraceaging.com > EA-Program-2019-Vancouver-Island-for-web](http://embraceaging.com)

### **3. Yakimovich Wellness Centre**

[Yakimovich Wellness Centre | Island Health](#)

[https://www.islandhealth.ca > our-locations > seniors-locations > yakimovic...](https://www.islandhealth.ca)

Free workshops and information sessions

**DATE:** FRIDAY, OCTOBER 25TH, 2019

**TOPIC:** INTRODUCTION TO ADVANCE CARE PLANNING

**TIME:** 10:00-11:30am

**Presenter:** Trained Advance Care Planning Volunteer

**Session Description:** Advance Care Planning lets you have a say in the health care you will receive if you are unable to speak for yourself.

Everyone is welcome to attend this information session about what is an advance care plan, why it is important, how to get started and resources you can use to learn more about advance care planning. Discussing and documenting your wishes with your loved ones and health care providers mean they will be better able to speak on your behalf when needed.

### **4. Dying with Dignity Victoria**

The *Victoria* chapter formed in December 2015 and later expanded its reach to represent the interests of more than 2,000 *Dying With Dignity* Canada supporters ...

[Victoria - Dying With Dignity Canada](#)

[https://www.dyingwithdignity.ca › victoria\\_chapter](https://www.dyingwithdignity.ca › victoria_chapter)

## **5. Victoria Death Doula**

[Margaret Harper - Victoria Death Doula - Home](#)

<https://victoriadeathdoula.com>