

RESOURCES RELATED TO SICKNESS, OLD AGE AND DEATH

ADVANCE CARE AND END-OF-LIFE PLANNING

ADVANCE CARE PLANNING

- 1) **My Voice: Advance Care Planning Guide.** Complete the workbook. Transfer into MyVoice document
 - a) <https://patienteduc.fraserhealth.ca/file/my-advance-care-plan-a-companion-workbook-to-my-vo-428644.pdf>
 - b) <https://health.gov.bc.ca/library/publications/year/2020/MyVoiceAdvanceCarePlanningGuide.pdf>
- 2) BC Centre for Palliative Care <https://www.bc-cpc.ca/all-resources/individuals/acp/>

WRITING YOUR WILL

- 1) **People's Law School** Step-by-step webinar and booklet, Preparing Your Will (see page 5 for the simple legal requirements for a written will)
<https://www.peopleslawschool.ca/webinar/making-a-will-step-by-step-guide/>
Preparing Your Will Checklist <https://www.peopleslawschool.ca/preparing-will-checklist/>
- 2) **Nidus** <https://nidus.ca/resource/wills/>
- 3) Register the **Location** of your will. Your actual will should be kept in a secure location.
Vital Statistics Agency 250-952-2681
<https://www2.gov.bc.ca/gov/content/life-events/death/wills-registry>
- 4) Legal Wills can be completed online. See BC Wills, Estates and Succession Act Dec. 1, 2022
<https://www.legalwills.ca> <https://www.willful.co>

OPENING THE CONVERSATION ABOUT END-OF-LIFE

- 1) The Conversation Project
<https://theconversationproject.org/wp-content/uploads/2020/12/ConversationStarterGuide.pdf>
- 2) Plan Well Guide for those with a serious illness (free version) www.planwellguide.com
- 3) Dying with Dignity Canada (DWDC) <https://www.dyingwithdignity.ca>
- 4) Ariadne Labs (home of Atul Gawande) Serious Illness Conversation Guide/What Matters Most to Me
<https://www.ariadnelabs.org/2021/11/16/what-matters-to-me-workbook/>

BEREAVEMENT AND FOLLOW-UP SUPPORT

- 1) **Canadian Virtual Hospice** www.virtualhospice.ca <https://mygrief.ca>
- 2) **British Columbia Bereavement Helpline**
Non-profit, free and confidential helpline to connect with grief support services 1-877-779-2223

**If you found out you were dying
Would you be nicer, love more, try something new??
Well, you are. We all are.**

Paul Kalanithi, When Breath Becomes Air