

RESOURCES TO SUPPORT EOL IN BRITISH COLUMBIA

1. Public Guardian and Trustee. It's your choice (personal tool guide),

<http://www.trustee.bc.ca/services/services-to-adults/Pages/personal-planning.aspx>

2. BC Government. Advance Care Planning,

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning>

3. Seniors BC. Advance Care,

www.gov.bc.ca/advancecare

4. BC Government. Incapacity Planning,

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/incapacity-planning>

5. HealthLinkBC Resources. Advance Care Planning

<https://www.healthlinkbc.ca/health-feature/advance-care-planning>

6. Nidus Personal Planning Resource Centre and Registry, <http://www.nidus.ca>

7. Your local health authority:

a. Fraser Health

www.fraserhealth.ca/your_care/advance_care_planning.

b. Northern Health -

www.northernhealth.ca/YourHealth/AdvanceCarePlanning.aspx

c. Vancouver Coastal Health -
www.vch.ca/your_health/health_topics/advance_care_planning
Vancouver
Health Authority -
www.viha.ca/advance_care_planning

d. First Nations Health Authority -
https://www.fnha.ca/WellnessSite/WellnessDocuments/BC_EldersGuide.pdf

e. Island Health Authority -
<https://www.islandhealth.ca/our-services/advance-care-planning>

f. Interior Health -
<https://www.interiorhealth.ca/YourCare/PalliativeCare/ToughDecisions/Pages/Advance-Care-Planning.aspx>



www.cfenet.ubc.ca/research/epidemiology-populationhealth/thrive

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THANK YOU FOR PARTICIPATING IN THE **THRIVE PROJECT**

A community-driven investigation of the home and community care needs of older adults living with HIV.

END OF LIFE (EOL) PLANNING



Thrive



BRITISH COLUMBIA
CENTRE for EXCELLENCE
in HIV/AIDS



END OF LIFE (EOL) TIPS CARING FOR AGING POPULATION

The community in Canada is aging rapidly and greater attention is important to promote EOL preparedness, both by health-care providers and the community at large.

Peer Navigators at AIDS Vancouver recommend the following:

1. Develop advanced care directive, which is a document outlining what you want to do medically in case you are not able to make that decision later.
2. Write a will, or a document that prescribes what you would like to do with your assets and belongings.
3. Inform loved ones of your plans and wishes just in case someone else needs to make decisions on your behalf later.
4. Ensure your records are in a safe, accessible place.

BC GOVERNMENT RECOMMENDS YOU FOLLOW THE NEXT STEPS IN CREATING YOUR ADVANCE CARE PLAN:

Step 1: Download government's advance care planning guide, called My Voice: Expressing My Wishes for Future Health Care Treatment (see resources at the end of this brochure)

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.

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.

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. 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. 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.



EOL planning includes assigning a power of attorney as a backup in the event of impaired decision-making, ensuring a will and financial plan was in place, and communicating health care and medical wishes.

BARRIERS TO EOL PREPAREDNESS

- 🎯 **Lack of knowledge:** Financial, funeral, medical orders or psychosocial supports may be overlooked due to difficulty in understanding terminology.
- 🎯 **Lack of accessible resources:** Lack of accurate and reliable information about available resources, how to access them, and their cost.
- 🎯 **Psychosocial:** Cultural norms that discourage conversations around death and dying; limited understanding of an individuals' diagnosis.