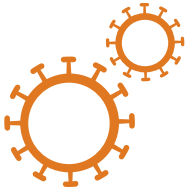


Be prepared in the time of COVID-19



In the time of COVID-19, our health can change suddenly and without any warning.

If you became seriously ill from COVID-19, would your family, caregivers and health-care providers know how you would want to be cared for?

Who would speak for you if you were too ill to speak for yourself?

Start planning for your care now, before there is urgent need.

Follow these steps:



THINK about what matters most to you

- What makes each day worthwhile for you?
- What gives your life meaning, joy and purpose?
- What cultural or spiritual beliefs are important to you?



THINK about your risk of becoming seriously ill with COVID-19

- Do you have any chronic health conditions such as diabetes, heart, lung, or kidney problems?
- Are you over the age of 65?
- Do you have an autoimmune disease or a weakened immune system from a medical condition or treatment, such as chemotherapy?

If you answer yes to any of these questions, you are at higher risk for developing severe illness from COVID-19.

It is important that you discuss your health care wishes with your doctor.



THINK about what abilities you can't imagine living without

- Think of abilities such as getting dressed, toileting, feeding, walking, hearing, vision, talking with family and friends, driving, and managing your finances.
- What abilities would you be willing to give up in order to prolong your life?

After treatment in an intensive care unit (ICU), people may experience problems with some of these abilities.



THINK about what **life-support treatments** you would accept or refuse

Some of these life-support treatments have been needed by people critically ill with COVID-19:

- Admission to hospital intensive care unit (ICU).
- A breathing tube connected to a ventilator.
- Cardiopulmonary Resuscitation (CPR)

Read our resource '[Serious COVID-19 Illness: Life support treatments and complications](#)' for more information about these life-support treatments.

Whatever options you choose, your health-care team will do their best to control your symptoms and make you comfortable.



THINK about **where** you would want to be cared for

Whatever location you choose – your home, seniors' care home, or hospital – you will always receive care and treatments to control your pain, manage your breathing and keep you comfortable.



CHOOSE the best **person to speak on your behalf** if you could not make decisions for yourself

Choose someone who:

- You trust to make decisions that honour your wishes and instructions.
- Is calm in a crisis and able to handle conflict.

Ask them if they will accept this responsibility.

You can complete a [Representation Agreement \(Section 9\)](#) to legally name them to speak on your behalf (this person is called your representative).



TALK to your Representative, family members, and health-care providers about what you want for your care

- **Make** a time to talk with your Representative and family members.
You can start the conversation by saying:
"I'm not sick right now, but I want to share with you what matters most to me and how I would want to be cared for if I get very sick from COVID-19."
- **Book** a time with your doctor or nurse practitioner to talk about your priorities and wishes for care if you get very sick from COVID-19.



WRITE DOWN or RECORD your health care wishes and goals.

How you can let others know about your wishes:

- **Write** down your wishes clearly, or **record** them using a phone or computer.
- **Complete** a Representation Agreement (Section 9) to legally name someone as your Representative(s). You do not need a lawyer or notary to complete it.
- **Talk** to your doctor if there are specific treatments you would refuse, they may recommend a form for you to complete.

Visit www.bc-cpc.ca/covid19 for more information and links to these forms.



KEEP all these documents together in a place that is easy to find.

First responders know to check on or near the fridge for health-care planning documents.

TELL your Representative and family **where to find** these documents

Consider giving them and your health-care providers a copy of these documents.



BRING these documents with you if you **go to the hospital**.



REVISIT what you want for your care whenever there is a change in your health or living situation.

- Your thoughts on any of this might change over time or if you become ill.
- You can always change your mind at any time.



Visit www.bc-cpc.ca/covid19 for more information and resources.

Disclaimer: This information does not replace professional medical advice from doctors or nurse practitioners. It is strongly recommended that people speak to their health-care providers after thinking and talking about the issues in this document.

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