

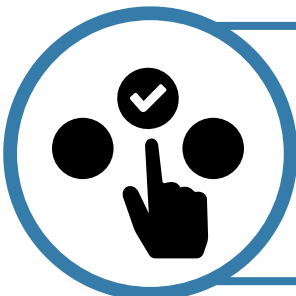
My Advance Care Planning Game



About This Game



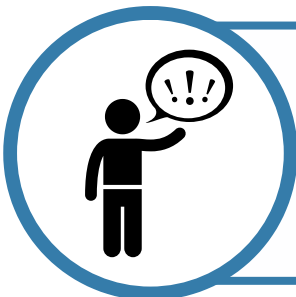
This game can help me think about what matters to me.



I can use my answers to help me make decisions about my life and my health care.



I can use my answers to help me make my Advance Care Plan.

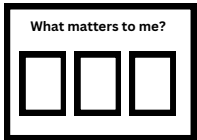


This game can help me tell people what matters to me.



I can change my answers whenever I want.
I can share my new decisions with the people I want to tell.

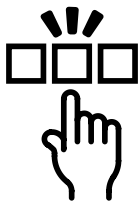
How to Play: By Myself



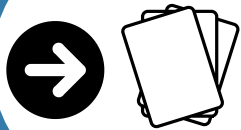
I put the page that says “What matters to me?” in front of me on a table.



Then I pick a card and look at it. I think about what the card says.



Next I put the card on the “What matters to me?” page in the box I choose.

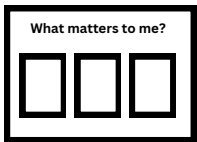


I can do the same thing for all the cards. I can stop playing whenever I want.



Then I can use my answers to help me make decisions about my life and my health care. I can share my answers with the people who help me make decisions.

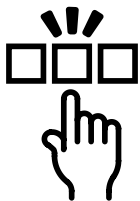
How to Play: With Another Person



I put the page that says “What matters to me?” in front of me where the other person can’t see it.



Then I pick a card and look at it and I show it to the other person. I think about what the card says.



Next I put the card on the “What matters to me?” page in the box I choose.

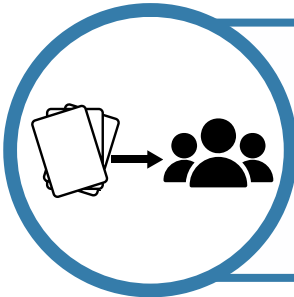


The other person can guess which box I chose. Then I can share my answer.



I can use my answers to help me make decisions about my life and my health care. I can share my answers with the people who help me make decisions.

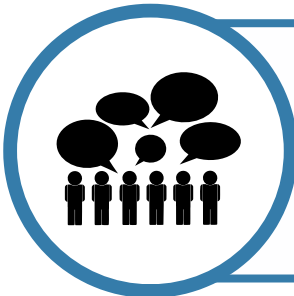
How to Play: With A Group



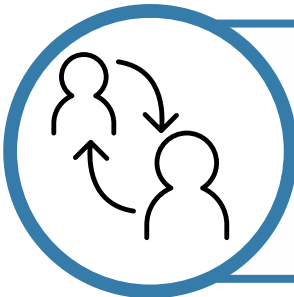
I give the same number of cards to each person.



The person who goes first chooses a card. They show everyone the card. Everyone thinks about what the card says.



Then everyone shares if the card matters to them, and why.



The next person chooses a card, and everyone shares again. I can keep playing until everyone has had a turn, or until all cards have been used.

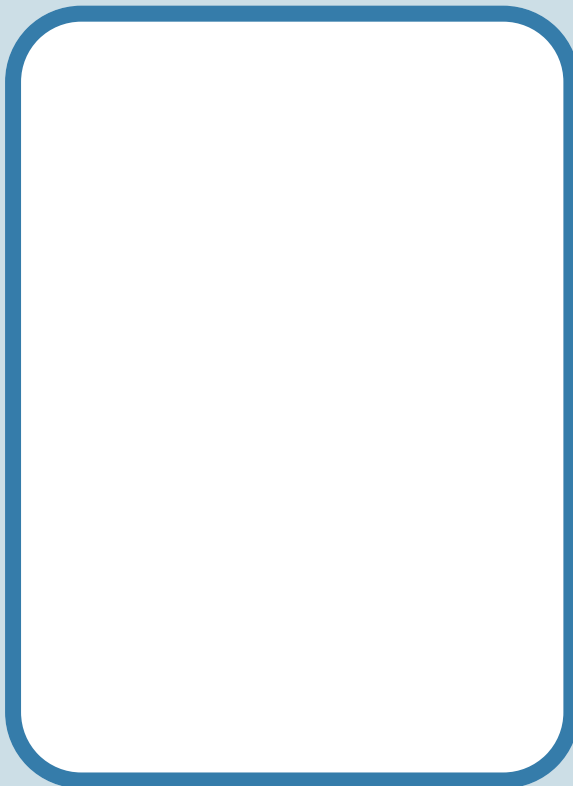


I can listen to other people's answers. I can use my answers to help me make decisions about my life and my health care.

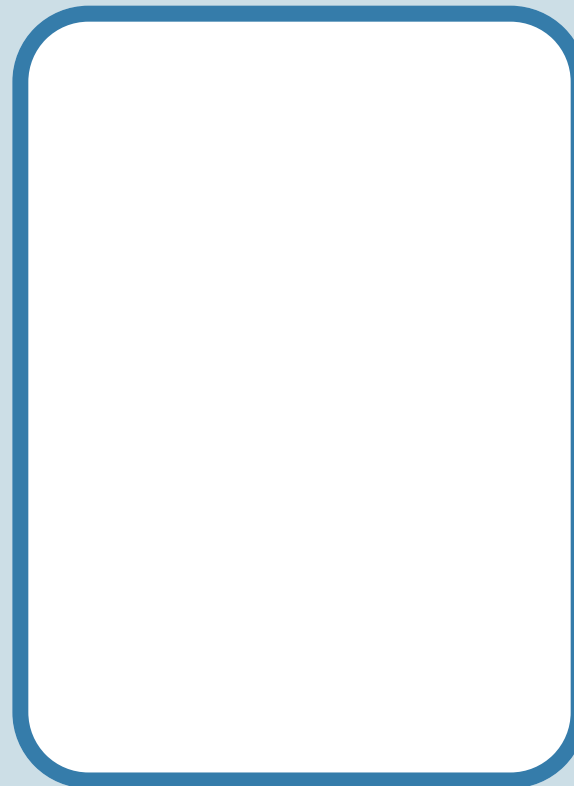
What matters to me? !!! →



Not Important



Important



Very Important

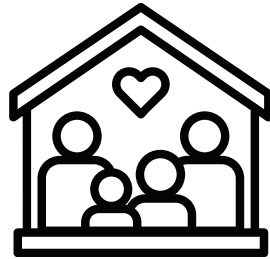


Game Cards



Cut out
each card

Advance
Care Planning
Canada



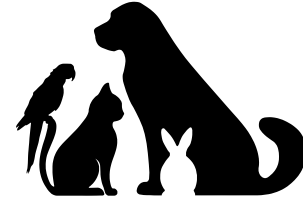
**Being With
Family**

Advance
Care Planning
Canada



**Being With
Friends**

Advance
Care Planning
Canada



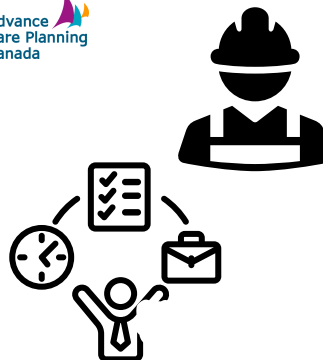
**Being With
My Pet(s)**

Advance
Care Planning
Canada



**Being A
Part of My
Community**

Advance
Care Planning
Canada



**Going to
Work**

Advance
Care Planning
Canada



Travel

Game Cards



**Cut out
each card**

Advance
Care Planning
Canada



Music

Advance
Care Planning
Canada



Art

Advance
Care Planning
Canada



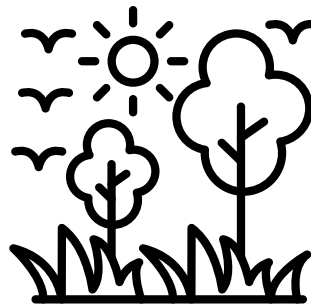
**Health and
Fitness**

Advance
Care Planning
Canada



**Doing
Things
Myself**

Advance
Care Planning
Canada



Nature

Advance
Care Planning
Canada



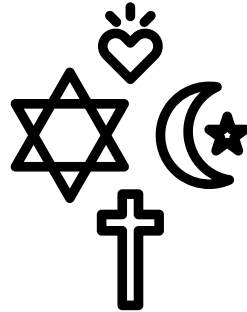
Money

Game Cards



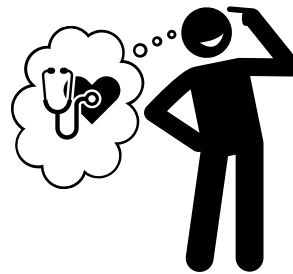
Cut out
each card

Advance
Care Planning
Canada



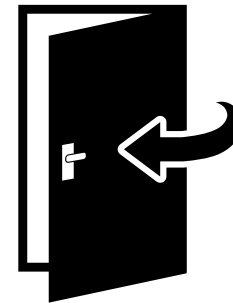
**Religion
and Beliefs**

Advance
Care Planning
Canada



**Knowing
About My
Health**

Advance
Care Planning
Canada



Privacy

Advance
Care Planning
Canada



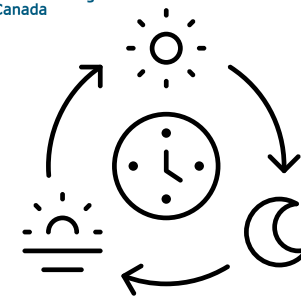
No Pain

Advance
Care Planning
Canada



**Eating What
I Want**

Advance
Care Planning
Canada



**My
Routines**

Game Cards



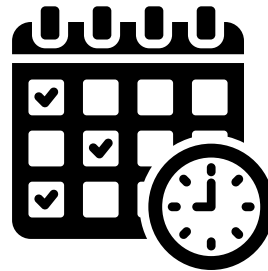
Cut out
each card

Advance
Care Planning
Canada



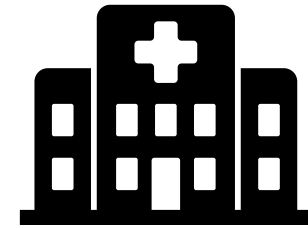
**Being Able to
Move Around
(Mobility)**

Advance
Care Planning
Canada



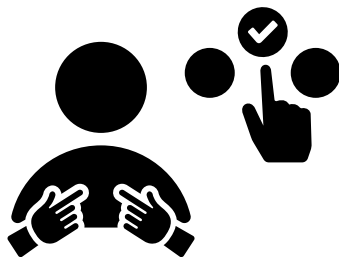
**Knowing
About My Day**

Advance
Care Planning
Canada



**Where I Get
My Health
Care**

Advance
Care Planning
Canada



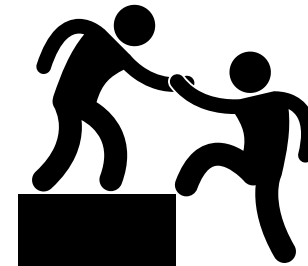
**Making My
Own Decisions**

Advance
Care Planning
Canada



**Having Good
Helpers**

Advance
Care Planning
Canada



**Helping
People**

Game Cards



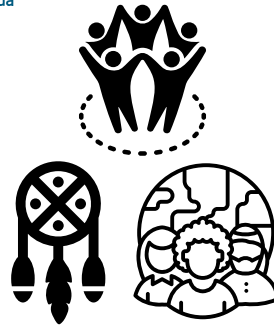
Cut out
each card

Advance
Care Planning
Canada



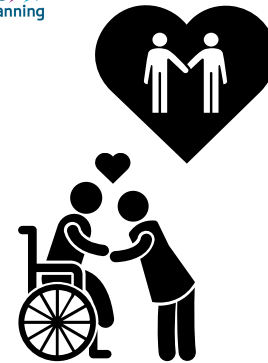
**Feeling
Comfortable**

Advance
Care Planning
Canada



Culture

Advance
Care Planning
Canada



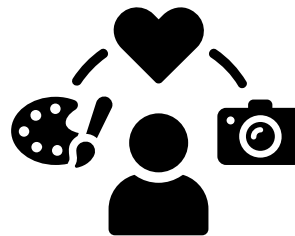
**Being With
My Partner**

Advance
Care Planning
Canada



**Choosing
Where I Live**

Advance
Care Planning
Canada



**Recreation
Activities**

Advance
Care Planning
Canada



Sex

Game Cards



**Cut out
each card**

Advance
Care Planning
Canada



Holidays

Advance
Care Planning
Canada



Sports

Advance
Care Planning
Canada



**Laughter and
Humour**

Advance
Care Planning
Canada



**Knowing
About My
Loved Ones**

Advance
Care Planning
Canada



**Help
Understanding
Things**

Advance
Care Planning
Canada



Dating

Game Cards



**Cut out
each card**

Advance
Care Planning
Canada

Advance
Care Planning
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Advance
Care Planning
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Care Planning
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**I can make
my own
cards**

Learn More



Website:
www.advancecareplanning.ca



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Supports



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Canadian Hospice Palliative Care Association
Association canadienne de soins palliatifs

