

No more excuses!

Maybe you or someone you love has used one of these excuses?

“I’m too busy.”

If you are ill and unable to make decisions for yourself, your loved ones will be having to make important decisions for you during a very busy and stressful time, without knowing what you want. Make the time now.

“My family will know what I want.”

Research shows that’s not necessarily true. One research participant told us:

“I didn’t expect him to die so soon. My husband resisted talking about dying and after 40 years of marriage I feel he let me down by not opening up and I guess I let him down for not knowing how to talk about some of the things that I needed to discuss. It would have been nice closure if things had been different in the end. I can never get that time back.”

Don’t guess – have the conversation and make sure your family knows your wishes.

“It’s bad luck!”

There’s absolutely no truth to the myth that talking about the end of life affects how soon you will die. In fact, talking about your wishes may reduce stress for you and your loved ones by giving you the knowledge and confidence to care for each other.

“It’s too negative and depressing.”

It doesn’t have to be that way. Instead, think about talking about your wishes as a positive discussion that helps you care for each other. Consider using our interactive workbook at myspeakuplan.ca to help you work through the process together.

“I’ve got other things to do.”

What’s more important than giving your loved ones the gift of knowledge? Did you know that research has shown that advance care planning significantly reduces stress, depression and anxiety in family members and caregivers who know the wishes of their loved ones?

“I’m too young.”

None of us knows what the future will bring, and when something may happen to us. It’s better to be prepared, so that if you were ill and couldn’t make medical decisions, your Substitute Decision Maker would have the knowledge and confidence to make those decisions for you.

“I’m invincible.”

It’s a fact. 100% of Canadians are going to die!

Talking about your wishes: conversation starters

There are many ways to get the conversation started! Remember, it may take a few attempts to get things started. Don't feel like you have to have the entire conversation at once.

Be Straight Forward

"I have just filled out a workbook about my wishes for future health care and I want to share it with you."

"My health is good right now, but I want to talk to you about what I'd want if I was sick and needed you to make decisions for me."

Find An Example From Your Family Or Friends

"Does anyone know how Jason's sister died? No one ever talked about it. I wonder if she died at home or in a hospital?"

"Do you remember my friend Frank who was in a coma for a while? I wonder if there was any argument about keeping him on that ventilator?"

Blame Someone Else

"Pastor Jones was talking about our choices for health care if something happened, and I realized that I haven't told you about my wishes – we should talk about that."

"My doctor wants me to think about my wishes for future care. Will you help me?"

Find An Example From The News

"Remember the man who was in a coma for years? I would never want that to happen to me."

"That story about the family fighting about their mom's care made me realize that we should talk about these things so the same thing doesn't happen to our family."