



**ZOOM session for
your patients!**

Planning for the Future – Health Decisions Matter

OnLine Classes for your patients to learn about Advance Care Planning and writing their Personal Directive now available monthly through the AB Healthy Living Program.

Open to Albertans in all zones.

In this package you'll find 2 posters you can put up in your clinic or provide to patients so they can register and get complete information.

Questions? Email
CalgaryConversations.Matter@ahs.ca



OnLine Class – Learn About Advance Care Planning and How to Write Your Personal Directive.

Planning for the Future – Health Decisions Matter

If you were unwell, and unable to speak for yourself, do those you are close to know your wishes for health care and personal decisions? Advance care planning is important at all times but since COVID 19 it has brought the importance of knowing peoples wishes and values regarding their health care to the forefront.

1.5 hour session. Delivered online via ZOOM with a live facilitator.

In this session you will learn:

- ✓ Information about Advanced Care planning and the importance and role of Personal Directives.
- ✓ About the process of Advanced Care planning: thinking, talking about and documenting your wishes for health care if you are unable to speak for yourself.
- ✓ Explanation of Goals of Care and what they mean for you.
- ✓ Information on resources

Who is this class for?

All Albertans over the age of 18 should have a Personal Directive.

Classes will be facilitated by Education Consultant for Advanced Care Planning Goals of Care.

For course dates and to register:

- Call 403-9-HEALTH (403-943-2584) - Mon-Fri 8:00am-04:00pm **OR**
- Register online at www.conversationsmatter.ca. Click the AB Healthy Living link at the bottom of the screen. Step by step instructions on the following page or e-mail CalgaryConversations.Matter@ahs.ca to get this provided.

Personal Directive and Goals of Care Education Classes Available through Alberta Healthy Living!

Course Name: Planning for The Future – Health Decisions Matter

Delivery: On-line session (ZOOM) with live facilitator. 90minutes.

For Information and to Register:

- **By phone** 403-9-HEALTH (403-943-2584) **OR**
- **OnLine** following these steps:

Step 1:

Access AB Healthy Living registration page: <https://app.booking.ca/ahlpccalgarypub/index.asp>

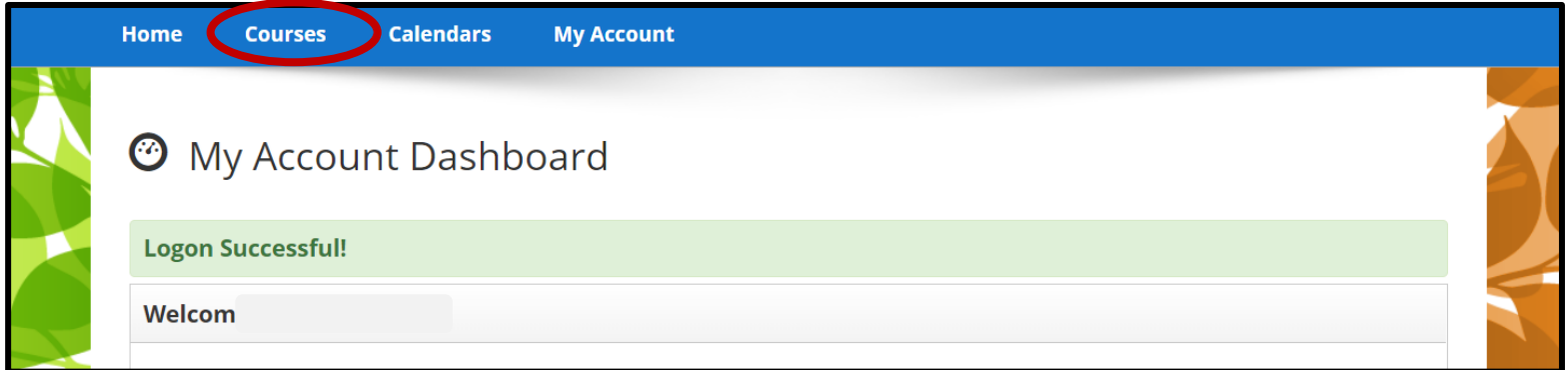


Create an account or login to your account if you already have one.

You do not need to live in Calgary to register or attend this course. It's a Zoom session.

Step 2:

When logged in to your account, select "courses"



Step 3:

Under "Health Education Classes", Select "Health Planning". All available *Planning for the Future-Health Decisions Matter* courses will appear with a registration tab.

