

Supplementary sheet

Caregivers and goals of care

Centre intégré
de santé
et de services sociaux
de l'Outaouais

Québec



This sheet aims to guide caregivers by providing resources and advice on accompanying with simplicity and ease. This applies during the various stages of planning and discussions related to goals of care.

View	<input type="checkbox"/> To better understand the goals of care: Video by Dr Bois and Dr Wittmer or <input type="checkbox"/> Advance Care Planning Canada Video with Subtitles (ACP) <hr/> <input type="checkbox"/> Conversations Guides: The Conversation Project - Videos
Understand and educate yourself	<input type="checkbox"/> To explain the law, responsibilities: guide health care decision.pdf <input type="checkbox"/> Documents from the Institut national d'excellence en santé et en services sociaux (INESSS): Brochure - Levels of care - Let's talk about it
Think ahead	<input type="checkbox"/> Goals of care, preparing for the conversation (CHUM) Goals of care - Preparing for the conversation <input type="checkbox"/> Advance Care Planning Canada: A CHPCA Initiative , is the process of thinking about what matters most in your life, for your health, personal care and to share with the people who are important.
Proceed	<input type="checkbox"/> The assistance measure – Official recognition to better help you (Curateur public) <input type="checkbox"/> To access and complete the advance medical directives (ADM) form or for information, visit the website of the Régie de l'assurance maladie du Québec (RAMQ) or call 1 800 561-9749.
Take care of yourself	<input type="checkbox"/> Caregiver support helpline: Contact our Caregiver Support Helpline - L'Appui for caregivers or Directory of Resources - L'Appui for caregivers <input type="checkbox"/> To speak to a psychosocial intervention professional, dial 811 option 2 or 819-966-6201 or www.cisso/811 . This service provides one-time support in the event of a crisis situation or one that causes you to experience anxiety, worries, difficulties or grief related to your role as a caregiver.