

# ACP Readiness Checklist



An Advance Care Plan (ACP) is a document that helps you plan for your future health and personal care.

Your ACP can help make decision-making less stressful for your loved ones and ensure that your preferences are heard, even when you can no longer decide for yourself.

If any of these below are relevant to you, make an appointment with an ACP facilitator today!

- ✓ Considered your values and healthcare preferences
- ✓ Considered starting on the following pre-planning tools (e.g. LPA, AMD, Wills, CPF Nomination)
- ✓ Experienced significant changes in your health or life recently (e.g. marriage, acquired additional assets, new disease diagnosis)
- ✓ Identified someone you trust to make your healthcare decisions
- ✓ Witnessed conflicts around you regarding care decisions

**If you feel that none of the above are relevant to you, you can first find out more about ACP [here](#).**