

1 What are the **benefits** of ACP?

I've heard about ACP in the news lately, but I'm not sure what its benefits are.



Your wishes will be more easily reflected in future medical/nursing care.

It will also be an important help for those who will convey your wishes on your behalf at the end of your life.

2 **When** should I start ACP?

I'm healthy and I don't think I need to get started now. Is it also necessary for young people?



Get started now.

Suddenly due to an accident or illness, or gradually with dementia, it may become difficult to express your wishes.

We recommend that you get started before then.

3 With **whom** should I have ACP discussions?

Who should I talk with?

What if one doesn't have a family?



With someone who understands and respects your wishes.

A friend as well as a family member would be fine.

If you are receiving medical/nursing care, talk with your family and medical/nursing care professionals.

Important!

- **Your wishes may not be fulfilled just by thinking about them. Communicate your wishes and thoughts to people around you.**
- **This is an important matter that cannot be decided easily. You need not come to any conclusions: first just talk about it a lot.**
- **Your wishes and thoughts can change over time and depending on your health condition. So think and discuss it over and over again.**



Advance Care Planning (ACP) with Someone Close to You

Advance Care Planning

What is important for you?
Advance Care Planning (ACP) is the process
to discuss with your family or medical/nursing care professionals
your wishes and thoughts regarding medical/nursing care for the end of your life.
Why don't you consider it so that you can live your life to the fullest till the end
while receiving medical/nursing care of your choice?

I'd like you
to decide.

I don't like XX.

I like this!

I have no idea
at this point.

I value this.



How to conduct **ACP**

ACP includes the following five steps.

It is important to communicate your values and wishes to someone close to you in order to receive medical/nursing care of your choice in the future.

Important!

*Your thoughts may change.
Repeat the process at any time
and as many times as necessary.*

Start from here!

Think about what is important for you.



What I like, what I don't like
My goals and values in life
Medical/nursing care I wish to receive

STEP 01

What are your thoughts?
~ Try thinking about something like the following.~

I love music.

I want to spend time with my pet.



I want to live as long as I can.

I wish I could enjoy eating till the end.

I don't need treatment that would just prolong my life.

STEP 02

Choose someone who can convey your wishes on your behalf.

Who will understand and respect your wishes?

friend



spouse



sibling



Are you expressing your wishes to people around you?

To be your true self till the end

Record what you thought and discussed.



Share the content with your family members and medical/nursing care professionals.

STEP 05

Discuss your thoughts with trusted people and medical/nursing care professionals.



Why do you think that?
Discuss the reasons as well.

This is the key part.

STEP 04

Talk to your family doctor.

Do you understand your current health condition?



Ask what you are not sure about regarding your condition and treatment.
(If you are not undergoing medical treatment, skip this process.)

STEP 03

Learn more about **ACP** on the next page.