

## Communication Products

### 1. READY-TO-USE TEXT (225 words)

#### Coming full circle: Planning your care

*“I follow a traditional lifestyle and that would be part of my expectations in my care – that it would be woven into Western interventions. That might mean plant medicines, teas and ceremonies.” - Elder*

Quality palliative care respects people’s culture, traditions and spirituality. To help ensure choices for future healthcare are known and respected, *Coming full circle: Planning for your care* was developed by Indigenous Peoples for Indigenous People. It assists First Nations, Inuit and Métis in planning for and having discussions about their care should they become seriously ill or if they can no longer speak for themselves.

Developed to fill a gap in culturally safe resources, the booklet:

- Guides users through a series of questions to help them reflect on their values, beliefs and wishes for future healthcare;
- Outlines considerations for identifying a substitute decision maker(s); and
- Suggests ways for starting conversations with families and healthcare providers to make their wishes known.

Guided by an Elders’ Circle and informed by a national team of researchers, educators, health providers, **the Coming full circle: Planning for your care** booklet is available at [LivingMyCulture.ca](http://LivingMyCulture.ca), by selecting either “First Nations”, “Inuit” or “Métis.” The free, downloadable PDF can be printed and completed or completed online and saved as an electronic file that can be updated. Funding for this initiative was provided by the Canadian Partnership Against Cancer.

### 2. SUGGESTED SOCIAL MEDIA POSTS

#### Twitter

NEW: Coming full circle: Planning for your care developed by #Indigenous Peoples to ensure care choices are heard, respected. [LivingMyCulture.ca](http://LivingMyCulture.ca)

Coming full circle: Planning for your care - new resource by @VirtualHospice informed by Elders’ Circle to improve #EOL care. [LivingMyCulture.ca](http://LivingMyCulture.ca)

Coming full circle: Planning for your care empowers, supports #Indigenous Peoples facing serious illness to have wishes respected. [LivingMyCulture.ca](http://LivingMyCulture.ca)

## **Facebook**

Coming full circle: Planning for your care, is a new resource to ensure Indigenous Peoples wishes for care are heard and respected. This booklet fills a national gap in culturally safe, inclusive resources assisting First Nations, Inuit and Métis in planning for and having discussions about their care should they become seriously ill or if they can no longer speak for themselves.

An Elders' Circle of First Nations, Inuit and Métis guided development of the booklet. Funding for the initiative was provided by the Canadian Partnership Against Cancer.

Coming full circle: Planning for your care is available free of charge at [LivingMyCulture.ca](http://LivingMyCulture.ca). Select "First Nations" "Inuit" or "Métis."