



*respect
family
choices
wishes
values
beliefs
culture*

Coming full circle



Planning for your care

Ensure your wishes are heard
and respected.

Ensure your wishes are heard and respected.

Coming Full Circle: Planning for your care

This booklet helps you to think about the care you want if you become very sick or can't make healthcare decisions.

Coming Full Circle was developed with guidance from an Elders' Circle of First Nations, Inuit and Métis. It helps you consider:

- What is important to me?
- What am I worried about?
- Who makes decisions if I can't?

Preparing for your future care can make a difficult time easier for you and your family.

Visit ***LivingMyCulture.ca*** and select First Nations, Inuit or Métis to print or download your free booklet.



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First Nations Health Authority
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