



## **Media Release**

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### **Plan ahead with Compassionate Communities Kingston and KFPL's Advance Care Planning workshop**

Have you thought about what will be most important to you if you become seriously ill or injured, or near the end of life? Who will speak for you if you are unable, and have you clearly communicated your beliefs, values, and wishes to them?

Advance care planning helps you arrange for future care needs to ensure your directions will be respected and carried out. Kingston Frontenac Public Library is hosting a series of seminars with Compassionate Communities Kingston to introduce residents to this process.

"You never know when a sudden illness may arise, or a serious accident may happen," said Anne Hall, Programming and Outreach Librarian. "This seminar from Compassionate Communities Kingston will help you plan for your future needs so your wishes will be respected and carried out if you ever can't speak for yourself."

Learn how choosing a substitute decision-maker now, and communicating your future care needs to them, can allow you to maintain responsibility for your autonomy. This also helps avoid family disputes or agonizing dilemmas in the future.

Identical advance care planning seminars will take place on the second Tuesday of each month from February 8 through May 10. Those who have attended previous sessions and have questions about advance care planning are always welcome to register for a new session.

Register online at <https://calendar.kfpl.ca/event/5869982> or by phone at (613) 549-8888. Registration for the January 11 session opens Dec. 30.

Registrants will be emailed the link immediately upon registration and will need to download Zoom in advance.

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