



Media Release

Kingston Frontenac Public Library
Jake Miller, Librarian, Adult Programming
613-549-8888 ext 3522
jmiller@kfpl.ca

FOR RELEASE AUGUST 31, 2023

Decisions that matter: Compassionate Communities, KFPL illuminate advance care planning

Compassionate Communities Kingston and the Kingston Frontenac Public Library (KFPL) are teaming up to guide people through the essential aspects of advance care planning in a series of informative sessions this fall.

These sessions are designed to offer invaluable insights to anyone contemplating late-life care decisions, whether well-acquainted with the concept or just starting to consider options. Compassionate Communities Kingston will discuss the steps to appointing a substitute decision maker, communicating wishes to loved ones and reducing the potential for conflict in care decisions.

“Compassionate Communities and KFPL are working hand-in-hand to empower people with the strategies and resources they need to navigate future health decisions confidently,” said Jake Miller, Librarian, Adult Programming. “The sessions will allow attendees to pose questions related to their situations. This program is not just about planning but also about fostering open conversations that can make a real difference in ensuring a sense of autonomy and understanding.”

Advance Care Planning sessions will be held on September 26 at the Calvin Park Branch from 3-4:30 p.m. and on October 31 and November 28 at the Central Branch from 10-11:30 a.m. Registration can be completed online at <https://calendar.kfpl.ca> or over the phone at 613-549-8888.

-30-