



Media Release

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

FOR RELEASE JANUARY 16, 2023

Take control of your future care with Advance Care Planning information

In one's later life and at the end of life, caregivers are often left to make decisions. Advance care planning gives people time to consider and reflect on the kind of health and medical care they would consent to or refuse in the future and reduces loved ones' decision-making burden.

"If you have thought about those decisions, put them off, or considered who will advocate on your behalf for your future needs, our upcoming Advanced Care Planning session is for you," said Jake Miller, Librarian, Adult Programming.

Led by the Kingston chapter of Compassionate Communities, the Jan. 31 Advance Care Planning session runs from 6:30-8 p.m. at the Isabel Turner Branch.

"These sessions are a good starting point for significant, often difficult decisions," Miller explained. "KFPL and Compassionate Communities offer a neutral, welcoming environment that allows people to learn about and discuss what will matter most in their later years."

Registration is required and can be completed at <https://calendar.kfpl.ca/event/7113390> or over the phone at 613-549-8888.

-30-