



Patient & Family Guide
2026

The Nova Scotia Green Sleeve

Information for Patients, Families,
and Substitute Decision-Makers

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www.nshealth.ca

The Nova Scotia **Green Sleeve**

What is a Nova Scotia Green Sleeve?

- A **Nova Scotia Green Sleeve** is a green plastic folder for storing your advance care planning documents (see page 3).
- Your Green Sleeve is your personal property. Keep your up-to-date advance care planning documents in it.

Who should have a Green Sleeve?

- Anyone who has advance care planning documents should have a Green Sleeve.
- Each person will have different documents in their Green Sleeve, depending on their needs. For example, you may have:
 - › A Personal Directive
 - › A *Patient-Centered Priorities and Goals of Care* form, if a health care provider has filled one out for you

What is advance care planning?

- Advance care planning means thinking about and writing down what matters to you for your future health and personal care. This can include what is important to you culturally and spiritually.
- Ask a member of your health care team for pamphlet 1942, *Advance Care Planning: Making Your Personal and Medical Wishes Known*, scan the QR code below, or visit:
 - › www.nshealth.ca/patient-education-resources/1942

Scan the QR code on your device
(open the camera on your device, point the camera at the code, and tap the banner or border that appears)



What are advance care planning documents?

Advance care planning documents are paper advance care planning records. They can include:

1. A Personal Directive

- A written legal document that says what, how, and/or by whom your personal care decisions are to be made if you are no longer capable of making these decisions on your own. **Every adult should have a Personal Directive.**
- Ask a member of your health care team for pamphlet 1942, *Advance Care Planning: Making Your Personal and Medical Wishes Known*, scan the QR code below, or visit:
 - › www.nshealth.ca/patient-education-resources/1942



2. *Patient-Centered Priorities and Goals of Care form*

- A Nova Scotia Health form filled out by a health care provider that tells your health care team about:
 - › The type of care you want
 - › The type of treatments that will help you meet your health care goals
- For example, this form would tell your health care team whether you want full resuscitation (CPR), life support, or certain treatments in a medical emergency and/or at end-of-life.
- **Talk to your health care provider about whether you need a *Patient-Centered Priorities and Goals of Care form*.**
- Ask a member of your health care team for pamphlet 2208, *Talking About Your Goals of Care and Choosing a Level of Intervention*, scan the QR code below, or visit:
 - › www.nshealth.ca/patient-education-resources/2208



3. **Special Patient Program Care Plan**

- An Emergency Health Services (EHS) form filled out by your health care provider that tells paramedics about your unique care needs if they were to respond to a 911 call for you.
- **This program is for people who have a rare or complex medical condition, or who are receiving palliative care.**
- To learn more, visit:
EHS Special Patient Program
 - › <https://novascotia.ca/dhw/ehs/public.asp>



4. *Expected Death at Home form*

- A Nova Scotia Health form filled out by your doctor or nurse practitioner that helps your health care team and funeral provider to be ready to honour your wishes and support your chosen family at the time of your death.
- **This form is for people living with a serious, life-limiting illness who are planning to die at home.**
- Ask a member of your health care team for pamphlet 2565, *Expected Death at Home*, scan the QR code below, or visit:
 - › www.nshealth.ca/patient-education-resources/2565



Ask your health care provider for more information about any of these documents.

Why should I keep these documents in a Green Sleeve?

- A Green Sleeve keeps your advance care planning records safe, organized, and easy to find.
- It helps you, your substitute decision-maker (the person who speaks for you if you are not able to), your chosen family, and your health care team find your most up-to-date papers. **This is important because electronic copies of these records may not be available to all of your health care providers.**
- Emergency responders will look for your Green Sleeve on your fridge when responding to a 911 call.

Privacy tips

- **Do not** leave your Green Sleeve out in the open for people to see when you are out in public or travelling.
- Keep your Green Sleeve closed when you are not using it.
- Make sure your Green Sleeve is returned to you after use.

Nova Scotia Health is not responsible for the use, disclosure, storage, or destruction of information when provided to any person or organization outside of Nova Scotia Health.

What should I do with my Green Sleeve?

When receiving medical care

- Bring your Green Sleeve to all medical visits, including:
 - › Visits to your primary health care provider (family doctor or nurse practitioner)
 - › Hospital stays
 - › Emergency Department visits

This will make your most up-to-date records easy to find.

- Show your Green Sleeve to your health care providers so they can talk about the documents with you.
- If any forms are updated, put the most up-to-date copy in your Green Sleeve.

At home

- Keep your Green Sleeve on the fridge. Emergency responders will look there for it. Tell your chosen family and caregivers where it is.
- Show your Green Sleeve to health care providers who give care in your home, including emergency responders.

How do I get a Green Sleeve?

Ask your health care provider for a Green Sleeve.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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