



Patient & Family Guide
2021

The Nova Scotia Green Sleeve

Information for Patients, Families,
and Substitute Decision Makers

Aussi disponible en français :
La Pochette verte de la Nouvelle-Écosse :
Information pour les patients, familles et
mandataires (FF85-1863)



www.nshealth.ca

About the **Green Sleeve**

What is a Green Sleeve?

The Nova Scotia Green Sleeve is a place for you to keep important documents. These documents can help you share your health care plans, goals, and care wishes with your health care providers.

Who should have a Green Sleeve?

Anyone with a life-limiting illness should have a Green Sleeve.

What do I keep in my Green Sleeve?

Examples of documents that you may keep in your Green Sleeve include:

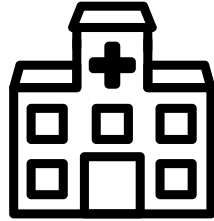
- Emergency Health Services' (EHS) Special Patient Program Care Plan
- Personal Directive
- Nova Scotia Health Expected Death at Home form
- Information about your goals of care (such as treatment preferences, DNR, etc.)

Please talk with your health care provider for more information about any of these documents.

What do I do with my Green Sleeve?



- At home, keep your Green Sleeve somewhere easy to find, like on top of the fridge. If you have a palliative care binder, you may keep it in the front of the binder.
- Show your Green Sleeve to health care providers who provide care in your home, including paramedics if emergency help is needed.



- Take your Green Sleeve to your health care appointments.
- Take it with you if you go to the Emergency Department.
- If it is updated while there, be sure to bring it home with you.
- You should review and discuss the information in your Green Sleeve with your health care providers before any tests or treatments.

**Please talk with your health care provider
for more information.**

Resources

Advance Care Planning

<http://nshpca.ca/advance-care-planning>

EHS Special Patient Program

<https://novascotia.ca/dhw/ehs/palliative-care.asp>

Palliative Care

www.nshealth.ca/content/palliative-care

Personal Directives

www.nshealth.ca/sites/nshealth.ca/files/patientinformation/1385.pdf

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: The Nova Scotia Health Palliative Care Network

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The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.