**Appendix 1.** Medical Society Choosing Wisely Recommendations relevant to Advance Care Planning.

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| Society  | Year of publication  | Recommendation |
| Canadian Society of Palliative Care Physicians  | 2020 | Don’t delay advance care planning conversations.  |
| Canadian Critical Care Society  | 2019 | Don’t start or continue life supporting interventions unless they are consistent with the patient’s values and realistic goals of care. |
| Canadian Society of Internal Medicine  | 2019 | Don’t undertake prolonged life-sustaining treatments or escalate to intensive care without establishing prognosis, preferences and goals of care. |
| Canadian Long-term Care Society  | 2019 | Don’t send the frail resident of a nursing home to the hospital, unless their urgent comfort and medical needs cannot be met in their care home. |
|  |  | Don’t insert a feeding tube in individuals with advanced dementia. Instead, assist the resident to eat. |
| The Society for Post-Acute and Long-Term Care Medicine (United States) | 2021 | Don’t recommend aggressive or hospital-level care for a frail elder without a clear understanding of the individual’s goals of care and the possible benefits and burdens. |
| Canadian Association of Medical Oncologists  | 2020 | Don’t delay or avoid palliative care for a patient with metastatic cancer because they are pursuing disease-directed treatment. |