

## REMEMBER

Health care systems can be overwhelming and stressful. You are not alone and there are people who can help.

Ask your care provider for the Aboriginal Patient Navigator or for someone else who can provide you with support.

You have the right to ask questions to health care providers and have them answered in a way that you understand.

You have the right to make an informed decision and have that decision answered by health care providers.

If you have more than one substitute decision maker include each of them in decision making conversations to lessen or ease conflict and stress when decisions are being made.

For more information on advance care planning please contact:

[www.advancecareplanning.ca](http://www.advancecareplanning.ca)

[www.fraserhealth.ca](http://www.fraserhealth.ca)

[www.ancelaw.ca](http://www.ancelaw.ca)

[www.seniors.gov.on.ca](http://www.seniors.gov.on.ca)

[www.e-laws.gov.on.ca](http://www.e-laws.gov.on.ca) (*Health Care Consent Act, Substitute Decisions Act*)

*This brochure was prepared for use in Ontario. People living in other provinces or territories should consult the appropriate legislation. This brochure can be adapted to your province.*

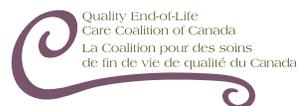
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## ADVANCE CARE PLANNING



[www.eolfn.lakeheadu.ca](http://www.eolfn.lakeheadu.ca)



## WHAT IS ADVANCE CARE PLANNING?

Entering the health care system, for example, going into the Hospital, can be overwhelming and stressful. Advance Care Planning encourages you to talk about what is important to you before you get seriously ill.

It is a process of thinking about and talking with your close family and friends. You share your values and beliefs involving healthcare treatments that you want and don't want.

## THE BENEFITS OF ADVANCE CARE PLANNING:

- Provides peace of mind for you and those who may be making decisions for you.
- You are reassured that your wishes are known.
- Your wishes help your family and those making decisions know what to do and helps to avoid conflict and stress.
- You have a say in who provides care to you and who doesn't provide care to you.

## WHAT DO I NEED TO KNOW?



In the event you are not capable to make decisions for yourself, a person called a Substitute Decision Maker (SDM), will be asked to give consent for healthcare treatments.

It is especially important to know who your SDM is. You can decide who your SDM will be. It is important to talk to him or her.

You need to follow the law that is applicable to the province or territory in which you live when you choose someone to be your Substitute Decision Maker.

## I WANT TO TALK ABOUT MY WISHES... NOW WHAT?

**Ask** someone you trust who is willing and able to be your SDM.

**Discuss** your care wishes with your SDM and the important people in your life so that everyone is aware and supports your choices.

**Maintain** contact with your SDM.

**Continue** to talk about your health care wishes with your SDM and with other necessary people such as health care providers. Your values and beliefs may change over time; talk about what matters to you.

**Understand** that health conditions are complex and it is not possible to discuss or anticipate every situation. Continued conversations with your SDM while you are **capable** will guide your SDM to make the best decision

Your **health care wishes** includes treatment options as well as your physical, emotional, social and spiritual needs.

**You and your loved ones have the right** to make an informed decision for your health care.

*Talking about your values and beliefs day-to-day can guide others about your wishes.*