

## SPEAK UP...

Let's start talking about the end of life care for you or for your loved ones.



### Advance Care Planning

For more information about Advance Care Planning, please visit the website [www.advancecareplanning.ca](http://www.advancecareplanning.ca)

#### Other resources:

Advocacy Centre for the Elderly  
Tel. (416) 598-2656  
[www.acelaw.ca](http://www.acelaw.ca)

National Initiative for Care of Elderly (NICE)  
Tel. (416)-978-0545

Canadian Hospice Palliative Care Association  
c/o Speak Up  
Tel. (613)-241-3363



### Long Term Care/Home & Community Care

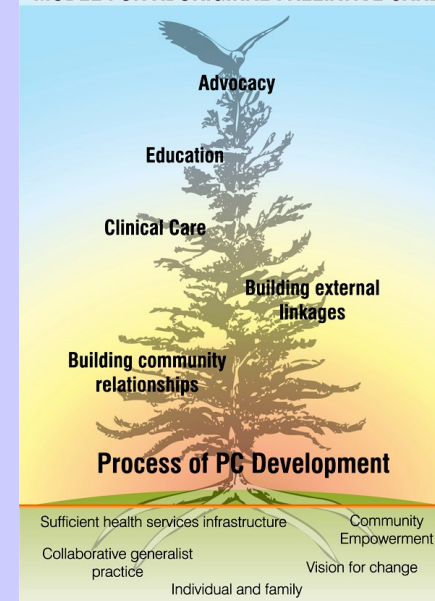
29 Cao Lane  
Ohsweken, On  
N0A 1M0

Phone: 519 445 0077

Fax: 519 445 4914

## Palliative Care Six Nations of the Grand River

### MODEL FOR ABORIGINAL PALLIATIVE CARE



## A Guide to Advance Care Planning

Advance Care Planning is a process not just a document.

It's conversations that you have with close family and friends about your values and beliefs involving medical procedures that you want and don't want at the end of life.

### The Two Row Wampum

Our Elders have always told us that we need to be ready for our end of days...as our journey is a part of the cycle of life.

Today, we call this Advance Care Planning.

The teaching of the Two Row Wampum reminds our people that we have the right to be in our own canoe and to travel along in our own journey of life. We acknowledge and respect the access to western health care interventions. But each individual has the right to plan a comforting and natural death. Letting our loved ones know our wishes will help them cope and continue their journey without you.



### Definition of Substitute Decision Maker:

A person who makes medical decisions and provides consent for treatment or withdrawal of treatment on behalf of another person when they are incapable of communicating their wishes on their own. This person might also be known as a medical proxy, a health representative or agent or a Power of Attorney for Personal Care.

- Parent with right of access
- Brother or sister
- Any other relative
- Office of the Public Guardian and Trustee

It is likely you will want to choose someone close to you, whom you trust and who knows you well. It is important that you discuss your intent to name the person ahead of time to make sure they are willing to act for you if it becomes necessary.

Every patient in Ontario AUTOMATICALLY has a person who will have legal authority to act as his/her SDM (Substitute Decision Maker) if they become incapable.

The following is the Hierarchy of SDMs in the Health Care Consent Act:

- Guardian of the Person with authority for Health Decisions
- Attorney for personal care with authority for Health Decisions
- Representative appointed by the Consent and Capacity Board
- Spouse or partner
- Child or Parent or CAS (person with right of custody)

### THINK ABOUT WHAT IS RIGHT FOR YOU

Begin by reflecting on your values, beliefs and understanding about end-of-life care or specific medical procedures, such as drug therapies, cardiopulmonary resuscitation or dialysis.

If possible would I prefer to die at home, in a hospice or hospital? What might change my mind about my choice? Do I want or not want certain medical interventions such as resuscitation or feeding tubes if I am unlikely to survive or live independently? Why would I want or not want these procedures?

### Who Should Make An Advance Care Plan?

Every adult should make a plan. You cannot predict how or when you will die, so having a plan ensures that others know your wishes and that your voice will be heard if you cannot speak for yourself.

### The Benefits of Advance Care Planning

Provides peace of mind for your loved ones.  
You are assured that your voice is heard.  
Your plans give direction to your family.



It's about conversations.  
It's about decisions.  
It's how we care for each other.