**ADVANCE CARE PLANNING PAMPHLET**

It is important to incorporate pictures, logos, language and legislation that are specific to your community. Be aware that legislation about ACP and SDM acts or laws are very specific to each province and territory of Canada and information for your own area may differ from that included in the presentation. It is important to familiarize yourself with your local/provincial legislation on ACP and substitute decision acts and adapt the pamphlets, poster and presentation as needed. For example in Ontario a substitute decision maker has to be at least 16 years of age or older and in Saskatchewan a substitute decision maker is called a proxy and has to be at least 18 years of age.

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 and beliefs involving healthcare treatments that you want or don’t want.
* It is for people of all ages.

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 you 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 can 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 decisions.
* Your **health care wishes** include 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.

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 lesson or ease conflict and stress when decisions are being made.
* An advance care plan does not need to be written.

**For more information on being an SDM or advance care planning please contact:**

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

[www.fraser-health.ca](http://www.fraser-health.ca)

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

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

[www.e-laws.gove.on.ca](http://www.e-laws.gove.on.ca) (Health Care Consent Act, Substitute Decision 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 jurisdiction.

Disclaimer: This material was prepared by the Improving End-of-Life Care in First Nation Communities research project and intended to provide general information. The contents does not constitute legal advice or legal recommendations and should not be relied upon as such.