Why do I need to talk about Advance Care Planning?

Advance care planning can help you make decisions about your health now and in the future.

- Think about what is important to you.
- Learn about the care you want.
- Choose your Substitute Decision Maker.
- Share your documents and wishes with the people you trust.
- Record your preferences and decision makers.

Visit advancecareplanningontario.ca to get started.

You can also find information about services in South Georgian Bay by scanning the QR code below.

Scan the QR Code:

Or call 2-1-1

SOUTH GEORGIAN BAY
ONTARIO HEALTH TEAM

We strive to be the healthiest community in Canada

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SOUTH GEORGIAN BAY
ONTARIO HEALTH TEAM

Advance Care Planning & Substitute Decision Makers

"Advance Care Planning is a process that helps people and their Substitute Decision Makers prepare for the future."

Adapted from Advanced Care Planning Ontario

ADVANCE CARE PLANNING & SUBSTITUTE DECISION MAKERS

What is a Substitute Decision Maker?

A Substitute Decision Maker (SDM) is a person who has the authority to speak for you when you cannot speak for yourself.

- In Ontario, everyone automatically has a SDM. The law (Health Care Consent Act) tells us who this would be.
- For most people, their SDM would be their closest living relative.
- Others will have a legally appointed SDM or SDM's. You will know if you have a legally appointed SDM because you would have had to complete a legal process.
- As a last resort, the Public Guardian and Trustee can act as your SDM if there are no relatives or legally appointed SDM's.
- Health care providers must get consent from the person who is highest on the list.

A substitute decision maker must be:

- Willing to be your SDM and make decisions on your behalf if needed
- Available when decisions need to be made
- Capable of providing consent
- 16 years or older
- Not prohibited by court order or separation agreement

Your SDM should be someone who you feel would understand and honour your wishes

Substitute Decision Maker Hierarchy:

- Court Appointed Guardian
- Attorney for Personal Care
- Representative appointed by the Consent and Capacity Board
- Spouse or Partner
- Parents or Children (over the age of 16 years)
- Parent with right of access only
- Siblings
- Any other relative
- Public Guardian and Trustee

Ontario's Health Care Consent Act, 1996

For more information, visit www.advancecareplanningontario.ca

If you are happy with your automatic SDM:

- Take some time to reflect on your wishes, values and beliefs.
- Discuss your wishes for future healthcare with your SDM.
- Discuss your wishes with your health care team and your physician.

If you would like to choose your SDM:

For some people, their automatic SDM is not the person they would like making their future health care decisions.

- In Ontario, you can legally appoint someone to make your health care decisions instead of your automatic SDM.
- This person is called your Attorney for Personal Care.
- You may choose to appoint more than one person in this role.
- You must complete a written document called a Power of Attorney for Personal Care.

You do not need a lawyer, however legal advice may be helpful in some circumstances.

To learn more and download the appropriate forms, visit www.ontario.ca/page/ministry-attorney-general