

Who to talk to...

For more information you can talk to your doctor, nurse, social worker, chaplain or other members of your health care team.



Kidney and Urinary Program



**Kidney and Urinary
Program**

An Introduction to Advance Care Planning

Information for Patients

Reading Resources...

The Ontario Government's web site explains the Powers of Attorney and much more at:
www.attorneygeneral.jus.gov.on.ca/english/family/pgt

The Ontario Government offers a free book called **A Guide to Advance Care Planning** by calling
1-800-518-7901

Kidney and Urinary Program Resources...

The Kidney and Urinary Program has prepared 3 other resources to help you:

- ❖ **A Guide to Making an Advance Care Plan for Personal Care**
- ❖ **Your Advance Care Plan Documents**
- ❖ **A Guide for Substitute Decision-Makers**

Record Your Wishes

An Advance Care Plan is any statement made by you about what kind of personal and medical care you want. It can be written, oral or recorded.

You may want to write your wishes so they are easy to understand and follow.

Make your statements carefully. The most recent statement must be followed by your Substitute Decision-Maker.

Fill out and carry a wallet card naming your SDM(s) for emergency contact.

Legal Resources

A lawyer can help you with your Will and the Power of Attorney documents.

If you do not have a lawyer and would like to talk to one, the Lawyer's Referral Service run by the Law Society of Upper Canada can help you. You can contact them at:

1-900-565-4577

www.lsuc.on.ca/public/a/finding/lrs

Thinking About Your Future

Have you ever thought about what would happen to you if you could not make medical care decisions for yourself?

Who would make decisions for you? Would anyone know what you want?

Plan Ahead

Planning ahead involves many things. It takes some time to think about your concerns and the documents you need.

Your needs will become clearer as you make your plans for the future and talk with your loved ones.

Preparing for Your Future

There are 3 documents you should prepare:

- A Will
- A Continuing Power of Attorney for Property
- A Power of Attorney for Personal Care

A Will...

A **Will** allows you to decide who will:

- look after any children or other dependents and
- inherit your property and money when you die

The process of writing a Will helps you think through these issues.

A Continuing Power of Attorney for Property

When you are no longer mentally alert or able, a **Continuing Power of Attorney for Property** is a written document that gives another person the authority to pay your bills for you and look after your tax filings and financial matters. Doing this, keeps the government out of your personal affairs.

A Power of Attorney for Personal Care

When you are no longer mentally alert or able, a **Power of Attorney for Personal Care** is a written document that gives another person the authority to make decisions about your health care, nutrition, shelter, clothing, hygiene and safety needs.

The document you sign names the person who you want to make decisions for you. This person is called your Substitute Decision-Maker (SDM).

If you do not appoint a person in advance, the law decides who will make these decisions for you.

You can have more than one Substitute Decision-Maker. You should appoint a back-up Substitute Decision-Maker In case the first one is not able.

Your SDM's right to make decisions begins only after you have become unable to decide for yourself.

How to make an Advance Care Plan for Personal Care

Choose your Substitute Decision-Maker(s).

Each SDM should be someone you trust to understand and uphold your wishes.

Next, talk with your Substitute Decision-Maker(s) about the kind of personal care you would want if you were no longer able to make decisions about your care.

There are many things to talk about.

Personal care includes:

- Medical decisions made in consultation with your doctor
- Decisions about going into long-term care facilities such as a nursing home
- Decisions about hiring caregivers