

ADVANCE CARE PLANNING



Having a stroke is a medical emergency that can often impact your ability to make decisions. Preparing an advance care plan can ensure that you receive treatment that honours your values and wishes.

WHAT IS ADVANCE CARE PLANNING?

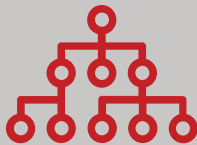
Advance care planning involves reflecting on your values and wishes and how they influence what you would want if you were unable to make health care decisions. This is then communicated to a decision-maker that you have chosen to act on your behalf.



WHO WOULD BE MAKING HEALTH CARE DECISIONS FOR YOU?

Legally appointed decision-makers:

- Court appointed guardian
- Attorney for Personal Care
- Representative appointed by consent and capacity board



If you do not legally appoint a decision-maker, there is a hierarchy of automatic family member decision-makers:

1. Spouse or Partner
2. Parents or Children (multiple children, would all have to agree with the health care decision before the health care team is able to move forward with a care plan.)
3. Parent with right of access only
4. Siblings (multiple siblings, would all have to agree with the health care decision before the health care team is able to move forward with a care plan)
5. Any other relative

WHAT YOU CAN DO:



In Ontario, if you do not legally appoint a decision-maker with a Power of Attorney for Personal Care, your health care team will defer to the automatic family member decision-maker listed above. If there are no decision-makers or family is unable to mutually decide on a plan of care the health care team will contact the Public Guardian and Trustee to assist with decision making.

FOR MORE INFORMATION ON COMPLETING AN ADVANCE CARE PLAN

- **Speak Up Ontario – Speak Up Workbook**
speakupontario.ca/resource/acp-workbook-en/
- **Power of Attorney Online Kit**
attorneygeneral.jus.gov.on.ca/english/family/pgt/poa.pdf



IMPORTANT

Your decision-maker must be available, capable and willing at the time a decision needs to be made.



TALK TO YOUR HEALTH CARE PROVIDER ABOUT ADVANCE CARE PLANNING