



Advance Care Planning
Conversations Worth Having



- **Imagine:** You're in the hospital, too ill or hurt to speak for yourself...
- **Think:** Do you know who would make health care decisions for you?



- **Imagine:** Your husband/wife has had a stroke and is unable to communicate with doctors
- **Think:** Would you know what health care he/she would want or not want?



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- **3 yr project 2015-2018**
- **Collaboration between Hospice Waterloo Region and Hospice Wellington**
- **Continue to provide education and resources to reach across Waterloo Wellington**



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Let's Play a Game!



True or False?

Advance Care Planning is about getting your will/estate in order and pre-planning your funeral

❖ False



ACP is about **HEALTH** and
PERSONAL CARE



True or False?

Advance Care Planning is about deciding who will make health care decisions for you if you are mentally incapable

✦ True



1. Choosing your **Substitute Decision Maker**
2. **Talking** with them and your other loved ones about your wishes so they can make decisions for you if needed



True or False?

Advance Care Planning is only for those near end of life

❖ False



- It is for **EVERYONE!**
- Illness and accidents can happen at anytime!
- Medical decisions need to be made even when someone isn't dying



True or False?

There are **two** ways to determine who your Substitute Decision Maker is

✦ True



1. Completing a **Power of Attorney for Personal Care**
2. Confirming the **automatic** SDM on Hierarchy



Hierarchy of SDMs HCCA s. 20

1. Guardian of person
2. Attorney in **Power of Attorney for Personal Care**
3. Representative appointed by the Consent and Capacity Board
4. Spouse or partner
5. Child or parent or CAS (person with right of custody)
6. Parent with right of access
7. Brother or sister
8. Any other relative
9. Office of the Public Guardian and Trustee



True or False?

There are **two** types of Power of Attorney in Ontario

✿ True 

1. Power of Attorney for Property
2. Power of Attorney for Personal Care



True or False?

You can name multiple people in your Power of Attorney for Personal Care to act as your Substitute Decision Maker

❖ True...but.... 

Remember: multiple SDMs need to **agree** on how to move forward together



True or False?

Substitute Decision Makers may be asked to make decisions about Long-Term Care

✿ True



Decisions about...

1. Health Care
2. Long-Term Care
3. Personal Care



True or False?

You have to be 18 years old to act as a Substitute Decision Maker for health care

❖ False



- Have to be 16 years old
- Available
- Capable
- Willing to act as SDM
- No court order



True or False?

Health care providers must get consent from you or your SDM before providing any treatment



True



- Health care providers get consent before starting any treatment
- Only exception is in an emergency



True or False?

Health care providers can get consent from your SDM even if you are mentally capable

❖ False



- Health care providers must get informed consent from YOU as long as you are able to make your own decisions (e.g., you are mentally capable)



True or False?

SDMs make decisions based on their own wishes, values and beliefs





True or False?

You don't need to tell anyone who your SDM is

❖ False



- Need to tell the person who is acting on your behalf (SDM)
- Talk to them about your wishes and what's important to you
- Also important to talk to other loved ones & your doctor







True or False?

You can express your wishes verbally or in written form

✦ True



- In Ontario you don't have to write them down
- Can express them any way you communicate
- Last known wishes trump previous wishes



True or False?

Every province/territory has the same legislation for Substitute Decision Making and Health Care Consent?



False



- Ontario is very different from other jurisdictions
- **Health Care Consent Act**
- **Substitute Decisions Act**



True or False?

Waterloo Wellington has a project specifically dedicated to Advance Care Planning and Health Care Consent

✦ True 



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What's next?

1. Identify your **Substitute Decision Maker** by either:
 - I. **Confirming person on hierarchy**
 - II. **Doing Power of Attorney for Personal Care**
2. Complete the **SDM** card and keep in your **wallet**
3. Have the **conversations** with **your SDM and your other loved ones** about what is important to you



Evaluations & Contact Sheet!



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Thank you!