

## Advance Care Planning

Advance Care Planning is a process of planning for future healthcare decisions. Should you become mentally incapable, it is important to prepare for who will step in to make healthcare decisions for you. This person(s) will be identified as your Substitute Decision Maker(s).

As long as you are mentally capable, you will continue to make your own healthcare decisions, however, sometimes people cannot make their own decisions because they are too sick or unconscious (not awake). This could be during surgery, from an accident or due to an illness. If you recover, and become mentally capable again, you will make your own healthcare decisions.

### Think about what is important to you

Complete a values exercise to help you determine what is important to you and share it with someone you trust that will uphold your wishes.

Think about what values are important to you:

- Dignity
- Independence
- Wellness
- Clear-mindedness
- Family
- Hard work/dedication
- Strength
- Spirituality
- Not being a burden
- Relationships

***Sharing these values with a Substitute Decision Maker will help them make decisions if you are unable.***

### Questions to Consider:

- What gives your life meaning?
- What brings quality to your life?
- What worries or fears do you have about your future and your health?
- Think about previous healthcare choices you've made and what factors did you consider then?
- Think about past medical care a family member or friend may have received during an illness or at the end of life – what stuck out in your mind? Was there something that could have been done differently?
- What does having dignity mean to you?
- If spending time with family is important to you, what is it about spending time that means the most to you?



**You can contact Advance Care Planning Ontario by:**

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