

# 2 Steps to Help Patients with Advance Care Planning Conversations

## Step 1: Identifying your SDM(s)

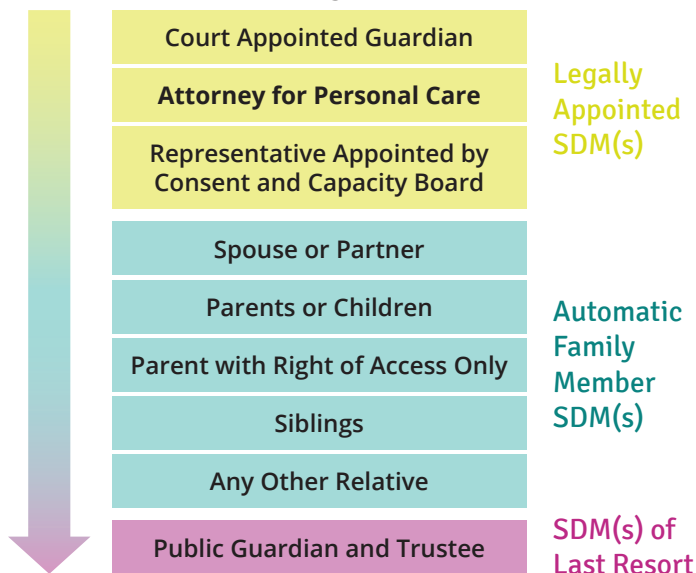
Eventually, someone else may have to make healthcare decisions for us. This person is called a Substitute Decision Maker (SDM).

**Decide who this will be for you.**

In Ontario, by law, you have an automatic SDM. It is important to know who that is.

**Your automatic SDM is the person in your life who ranks highest on the list below:**

### The Hierarchy of SDM(s)



Ontario Health Care Consent Act, 1996

### Your SDM must meet these requirements:

- Available when a decision is needed
- Capable of giving consent
- Willing to accept the role
- 16 Years or older
- Not prohibited to act as your SDM(s) (ie., court order, separation agreement)



### Choose your own SDM(s)

If you prefer someone other than your automatic SDM(s), legally appoint them using a Power of Attorney for Personal Care form.



## Step 2: TALK to your SDM(s)

In Ontario, when you can't make a healthcare decision for yourself, the law says your Substitute Decision Maker (SDM) must do it.

Conversations help you to share important info about yourself, your wishes, values, and beliefs.

This information will guide your SDM(s) to make healthcare decisions that reflect what you would want.

### Conversation Starters to Use:

- I was thinking about what happened to \_\_\_\_ and it made me realize...
- It's coming up to my \_\_\_\_ birthday and it has me thinking about...
- I need your help with something...



**Provide your SDM(s) with the information necessary to become an "expert in you"!**

**Here are a few questions to help you get started:**

- What is important to you?
- Do you have spiritual beliefs that should be considered?
- What brings quality to your life?
- What do I need to know about you to support you to get the care you would want?
- What is a good day for you?

### Do I need to write this down?

In Ontario, you don't have to. You can share your wishes in any way you choose to communicate.

**VITALOGUE**

Are you ready to start the conversation?

**Play Vitalogue now!**

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### HINT

Having ACP conversations with their SDMs gives your patients peace of mind. Conversations also provide SDMs with the confidence necessary to make healthcare consent decisions for them if the time comes.

