

By learning more about common end-of-life terms and treatments, you can develop an Advance Care Plan that truly reflects your wishes. You may also wish to include some of these terms in your Advance Care Plan:

Allow natural death refers to decisions NOT to have any treatment or procedure that will delay the moment of death. It applies only when death is about to happen from natural causes.

Cardiopulmonary resuscitation (CPR) refers to medical procedures used to restart your heart and breathing when the heart and/or lungs stop working unexpectedly. CPR can range from mouth-to-mouth breathing and pumping of the chest to electric shocks that may restart the heart and machines that breathe for the individual.

Comfort measures are treatments to keep you comfortable (e.g., pain relievers, psychological support, physical care and oxygen).

Dialysis is a medical procedure that cleans your blood when your kidneys can no longer do so.

End-of-life care refers to health care provided at the end of a person's life. This type of care focuses on you living the way you choose during your last days or weeks and providing comfort measures until the time of death.

A ***feeding tube*** is a way to feed someone who can no longer swallow food.

Health care professional is a person licensed, certified or registered in their province/territory to provide health care (e.g., a doctor, nurse or social worker).

Informed consent refers to the permission you give to health care providers that allows medical investigations and/or treatments. Health care providers are required to offer you, and you are entitled to receive, detailed explanations of the investigations/treatments and their risks, benefits and side effects; alternatives to these options; and what would likely happen if you refuse the options. Health care providers must also answer any questions you have about the treatments and the information must be provided before you give verbal consent or sign a consent form.

Intravenous (IV) is a way to give you fluids or medicine through a vein in your hand or another part of your body.

Life support with medical interventions refers to medical or surgical procedures such as tube feeding, breathing machines, kidney dialysis, some medications and CPR. All of these use artificial means to restore and/or continue life. Without them, you would die.

Life limiting illness refers to an incurable medical condition caused by injury or disease.

Palliative care is the way we care for people who have a life limiting illness. It focuses on providing good quality of life. In other words, keeping you as comfortable and free of pain or other symptoms as possible. Palliative care may involve medicines, treatments, physical care, psychological/social services and spiritual support, both for you and for those who are helping to care for you. Palliative care can be provided anywhere, at any stage of any illness along with care and treatment aimed at cure or prolonging life.

Power of Attorney for Personal Care is a document in Ontario that you prepare when you are mentally capable to name a person or persons to be your Substitute Decision Maker for health and other personal care decisions. That person or persons would make decisions about treatment and health care on your behalf if you become mentally incapable. (See page 6 of this workbook for more information about Powers of Attorney for Personal Care.)

Substitute Decision Maker (SDM) is a person(s) who provides consent or refusal of consent for treatment or withdrawal of treatment on behalf of another person when that person is mentally incapable to make decisions about treatment. The Substitute Decision Maker(s) is required to make decisions for you following any wishes you expressed about your care when you were mentally capable. If your Substitute Decision Maker does not know your wishes applicable to the treatment decision to be made, he or she is required to act in your best interests. (See pages 6 and 7 of this workbook for more information about Substitute Decision Makers.)

Symptoms are signs that you are unwell (e.g., pain, vomiting, loss of appetite or high fever).

Terminal illness means an incurable medical condition caused by injury or disease. These are conditions that, even with life support, would end in death within weeks or months. If life support is used, the dying process takes longer.

A ventilator is a machine that helps people breathe when they cannot breathe on their own.

What health care always provides

Start the conversation
about end-of-life care

When you are in pain or experiencing unpleasant symptoms such as dizziness or nausea, health care providers will always offer you medicine and treatment to relieve those symptoms.

If the doctor finds that you have a condition that is incurable, and you reach the point where you no longer want treatment or care that will prolong your life, there is medical treatment and nursing care available to you to provide comfort. For example, if you choose you may receive:

- Surgery to control pain (such as the repair of a broken hip)
- Antibiotics as needed to relieve symptoms of infection
- Pain-relieving medicine
- Medication to ease breathing difficulties

NOTES



My Advance Care Plan

After you have filled out this plan, make sure to give a copy of it to your future Substitute Decision Maker(s), family members, doctor, and any other health or legal professionals.

Most importantly, have conversations with your future Substitute Decision Maker(s) about your plan. They may have questions about your wishes.

Your First name: _____ Your Middle initial: _____

Your Last name: _____

Date of birth: _____ Health Care Number: _____

Address: _____

Phone number: _____ Mobile number: _____

E-mail address: _____

The following people have copies of this Advance Care Plan:
(List all people who have copies, their relationship to you and their contact information.)

Name	Relationship to me	Contact Information

My Advance Care Plan: My Substitute Decision Maker(s)

Speak Up

Start the conversation
about end-of-life care

(See pages 7 and 8 of this workbook for information on Powers of Attorney for Personal Care and on the hierarchy of Substitute Decision Makers in Ontario law)

I have discussed my wishes for future health care with the person(s) named below.
My Substitute Decision Maker(s) is:

1. Name:

This person was appointed through a Power of Attorney for Personal Care: Yes No

Location of the current Power of Attorney for Personal Care (original document)

OR If no Power of Attorney for Personal Care: Substitute Decision Maker who is **highest ranking** person in my life on the hierarchy. See page 7.

Relationship of this Substitute Decision Maker to me:

Phone number:

Mobile number:

Address:

E-mail address:

2. Name:

This person was appointed through a Power of Attorney for Personal Care: Yes No

Location of the current Power of Attorney for Personal Care (original document)

OR If no Power of Attorney for Personal Care: Substitute Decision Maker who is **highest ranking** person in my life on the hierarchy. See page 7.

Relationship of this Substitute Decision Maker to me:

Phone number:

Address:

E-mail address:

My Advance Care Plan: My Substitute Decision Maker(s)

I have also discussed my wishes with the following people:

Name	Relationship to me	Contact Information

In Ontario, if you want to name a particular person or persons as your Substitute Decision Maker, you can only do this by preparing a Power of Attorney for Personal Care. You may want to discuss preparation of such a document with your lawyer because a Power of Attorney for Personal Care is a legal document and must be in a particular form for it to be valid. There are other resources about Power of Attorneys for Personal Care on the websites for the Ontario Ministry of the Attorney General (<http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/incapacity/poa.asp>), Community Legal Education Ontario (www.cleo.on.ca) and the Advocacy Centre for the Elderly (www.ancelaw.ca).

PLEASE NOTE: If you do not prepare a Power of Attorney for Personal Care, your Substitute Decision Maker will automatically be the person highest ranked in the hierarchy of Substitute Decision Makers in the Health Care Consent Act (as listed on pages 6 and 7 of this workbook) that meets the qualifications to be a Substitute Decision Maker.

If you do not want the highest ranking person in the hierarchy list from your life to be your Substitute Decision Maker, you **must** prepare a Power of Attorney for Personal Care.

Just because you have listed names of people to be your Substitute Decision Maker in this workbook does NOT mean that these people have the right to act as your Substitute Decision Maker unless you ALSO name them in a Power of Attorney for Personal Care OR they are otherwise the highest ranking people in your life on the hierarchy list of Substitute Decision Makers. This workbook is NOT a Power of Attorney for Personal Care.

Visit the government website for more information.
<http://www.seniors.gov.on.ca/en/advancedcare/index.php>.