

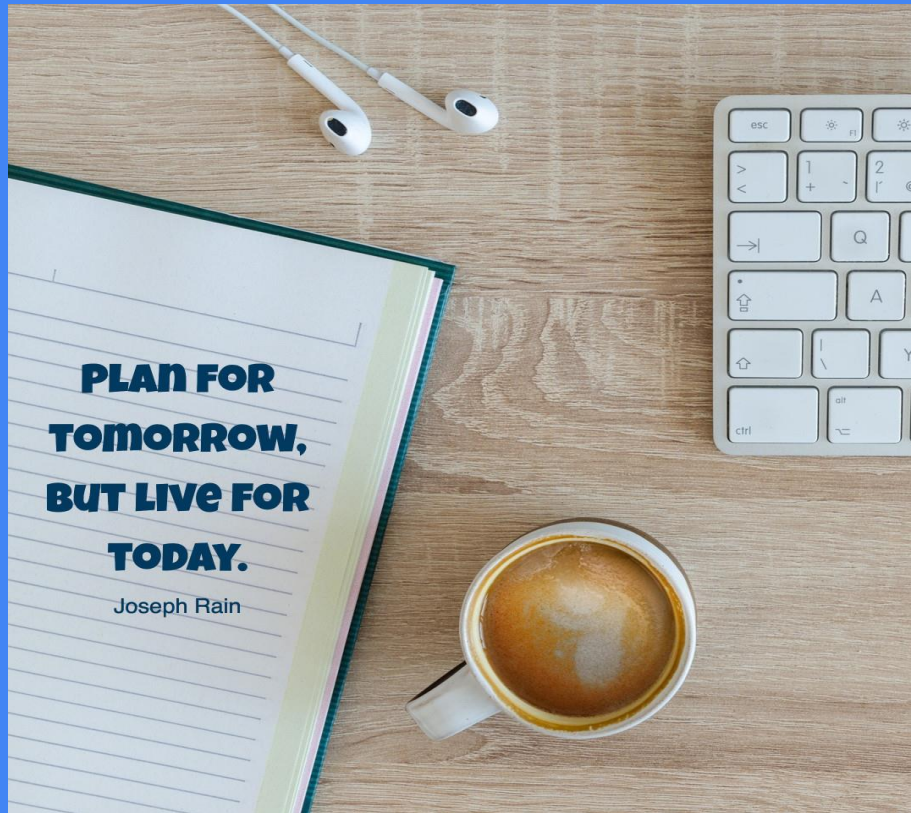
IT'S YOUR LIFE. IT'S YOUR CHOICE.

**DYING WITH
DIGNITY**

CANADA



Advance Care Planning



A Presentation by
Dying with Dignity Canada, Barrie & Simcoe County Chapter
Presenter Margaret Ringland

Please note:

- The information provided is accurate as of the presentation date.
- The material in this presentation is provided for information only and should not be considered health care, medical, or legal advice. This presentation is not intended to encourage or suggest to anyone that they should choose MAID.
- Should you require advice or counsel, or should you have questions regarding medical or legal matters, please contact the appropriate licensed professional.



Advance Care Planning is a **process** where you:

- **Think about your values, beliefs, and preferences for your future health care.**
- **Write down or “document” your directions in an Advance Directive.**
- **Share these directions with a Substitute Decision-Maker that you choose.**

Why do I need an ACP?

IMAGINE You had a car accident or another medical emergency that resulted in your being mentally altered or ending up in a coma; unable to communicate your needs.

**Would your loved ones know what help or care you would want or NOT want?
Would they know how to speak on your behalf?**

Everyone should have an Advance Care Plan, no matter their age or current health status. It can help ensure you receive care that aligns with your values and provides peace of mind for you and your loved ones.

Think

What matters most to you?

Who could make health and personal care decisions for you if you cannot?

Talk

Discuss your thoughts with:

- the people you trust; and
- your health-care providers.

Review

Plan

Record your wishes.

Share your plan with:

- the people you trust; and
- your health-care providers

What do Canadians Consider Good End of Life Care?

Adequate pain and symptom
management

No unnecessary prolongation of
dying

A certain sense of individual control

No untoward burden on others

Supportive relationship with loved
ones

Common issues about end-of-life decision making?

- No advance care directive or an incomplete one
- Family/Substitute Decision-Maker (SDM) not knowing or understanding your wishes
- Inadequate information on treatment options
- Lack of sufficient palliative care support and inadequate pain and symptom support
- Health care providers not recognizing the role of the SDM

Terminology

An Advance Directive is a document in which you state your directions for future health care.

Substitute Decision-Maker is a person(s) you choose to communicate your health care decisions, or who is appointed by law to make decisions on your behalf if and when you become unable to do so yourself.

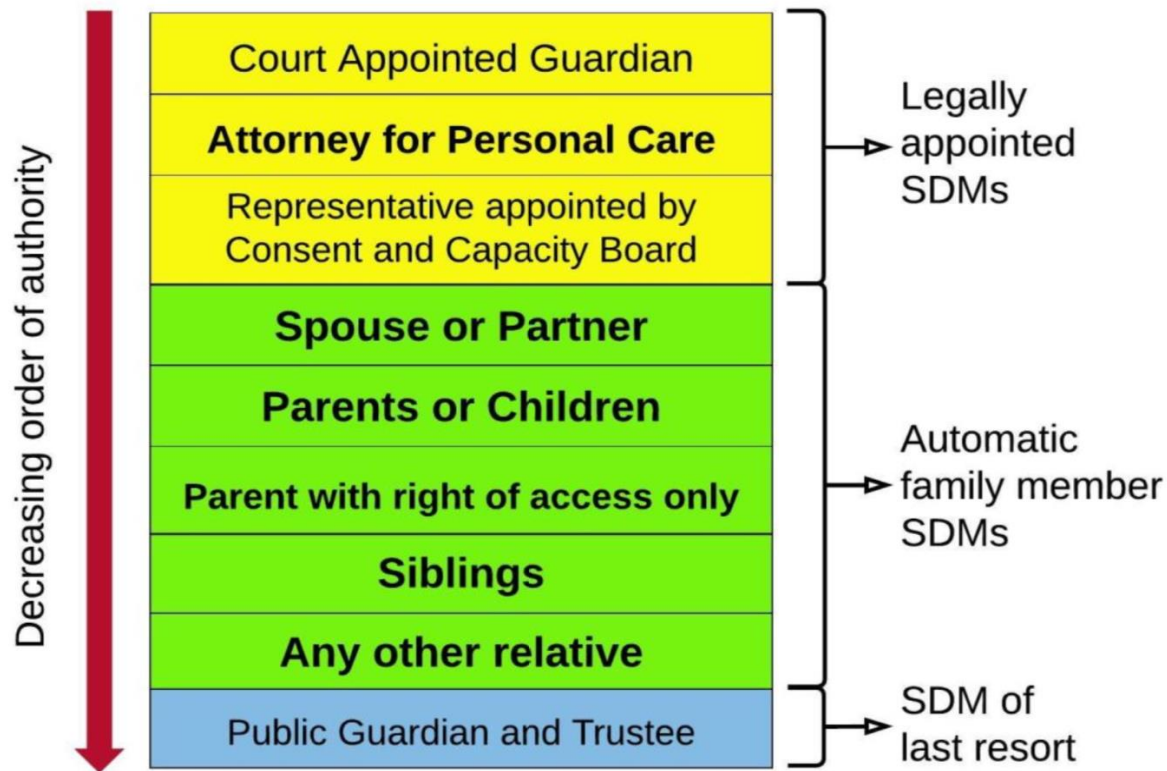
Power of Attorney is a written, legal document giving a person or organization the authority to make personal care decisions on an individual's behalf if they become incapable of making their own decisions.

The Role of The Substitute Decision Maker

A Substitute Decision-Maker (SDM) is the person to whom your health care provider would turn for direction in the event that you were incapable of making decisions for yourself.

In most jurisdictions across Canada, if you do not have a Substitute Decision-Maker, you will be assigned one.

Substitute Decision Maker Hierarchy



Ontario's *Health Care Consent Act*, 1996

What is a *Do Not Resuscitate (DNR) Order*?

- **A DNR** is a medical order written by a healthcare provider that instructs providers NOT to do CPR if a patient's breathing stops or if their heart stops beating.
- **A DNR Order** may be entered in a patient's chart by a physician, at the request of the patient or the SDM
- **A DNR Confirmation Form** is a government-issued form obtainable by your family physician at your request. It contains a serial number specific to each patient and will be respected by First Responders.

You have the right to....

Have treatment options explained

Get a second opinion

Have your Advanced Care Directive recognized

Have your Substitute Decision-Maker recognized

Have your pain and symptoms managed

Refuse or discontinue treatment

Refuse food or drink

Make a request to ANY doctor or NP for an application for MAID

Dying With Dignity Canada is a national human rights charity committed to improving quality of dying, protecting end-of-life rights and helping people across Canada avoid unwanted suffering.

There are 13 chapters across Canada, 5 in Ontario including our newly formed Barrie & Simcoe County Chapter

volunteer@dyingwithdignity.ca

What does DWDC do?

- Advocacy
- Programs and support
- Education
- Fundraising
- Communications & Media

DWD Resources

- Advanced Care Planning Kits www.dyingwithdignity.ca/education-resources/advance-care-planning-kit/
- Newsletters highlighting end-of-life issues and developments
- Educational events, podcasts, presentations and interviews
- Recommended reading lists
- The latest news
- Active Facebook community

www.dyingwithdignity.ca

Resources (online webinars)

- Grief Literacy Series
- Advance Care Planning
- MAID and Dementia
- MAID Legislation
- End of Life Navigation (obituaries, palliative care, caring for yourself as an advocate, body disposition options)

https://www.dyingwithdignity.ca/past_webinars

THANK YOU

Questions?