



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 spouse or partner has had a stroke and is unable to communicate with doctors
- **Think:** Would you know what health care they would want or not want?



Advance Care Planning

Conversations Worth Having

Advance Care Planning & Health Care Consent



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Funding:



Ontario

Waterloo Wellington Local
Health Integration Network

Collaboration

Hospice Wellington

Hospice of Waterloo Region

Backbone

3 Staff

Steering Committee

Volunteer Team

Sector Champions



Putting into Context

- Before providing **any treatment** health care providers must obtain **informed consent** from:
 1. **Patient**
 2. **Substitute Decision Maker** (if the patient is mentally incapable)
- Only exception of when consent is not needed is in an **EMERGENCY**



What is Advance Care Planning in Ontario?

1. Identifying your future **Substitute Decision Maker**
2. Having **conversations** about what is important to you



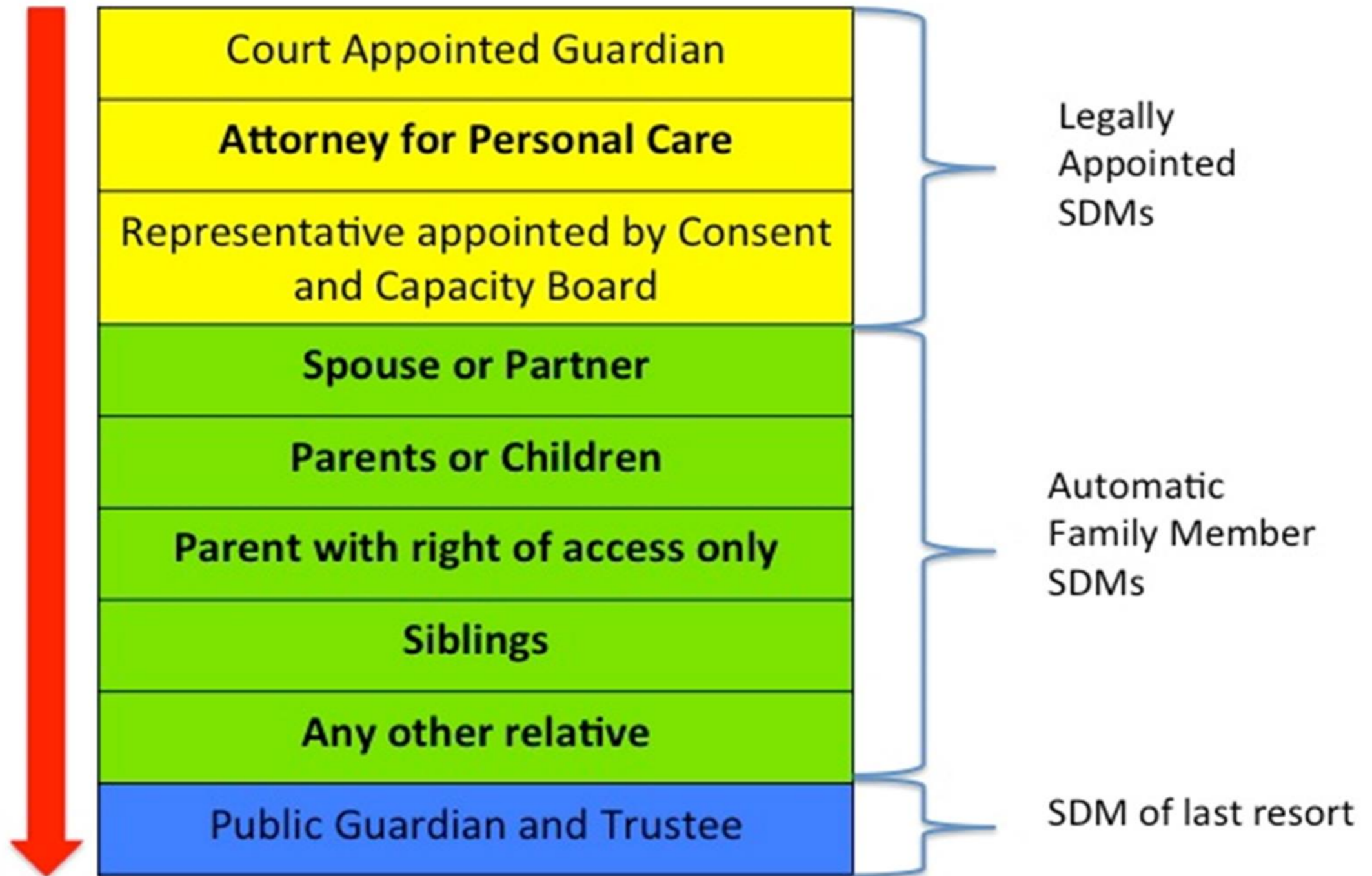
Step 1: Identifying your Substitute Decision Maker

There are two ways to identify your SDM in Ontario:

1. Complete a **Power of Attorney for Personal Care**
2. Confirm the automatic person on the **hierarchy**



Hierarchy of SDMs HCCA s. 20



Ontario Health Care Consent Act, 1996



What do SDMs do?

- Make **health care and personal care decisions** for you
- Only make decisions if you **DO NOT HAVE CAPACITY**
- Have to make the decisions the way **YOU** would have made them
 - Must use previously expressed wishes
 - Act in your **best interest**



Requirements to act as SDM

1. Capable with respect to treatment proposed
2. At least 16 years old
3. There is no court order or separation agreement prohibiting access to the incapable person or giving or refusing consent on his or her behalf
4. Is available
5. Is willing to assume the responsibility of giving or refusing consent



Types of Decisions

1. **Long-term care** placement
2. **Health care** decisions
 - Consent or refuse tests, procedures, surgery
 - Begin or withdraw life-prolonging measures
 - Who will provide medical care
 - Speaking with health care professionals
 - Admit or discharge from medical facility
 - Looking at medical information
3. **Personal Assistance Services**



Advance Care Planning in Ontario

- Does **not** need to be in **writing**
- **Later** wishes, however communicated, expressed while capable **prevail over earlier wishes**
- This is true even if the previous wishes were in **writing** and the later wishes are **oral**
- **Not** only about **End-of-Life**
- **Not** about **Living Wills** or **Advance Directives**



Step 2



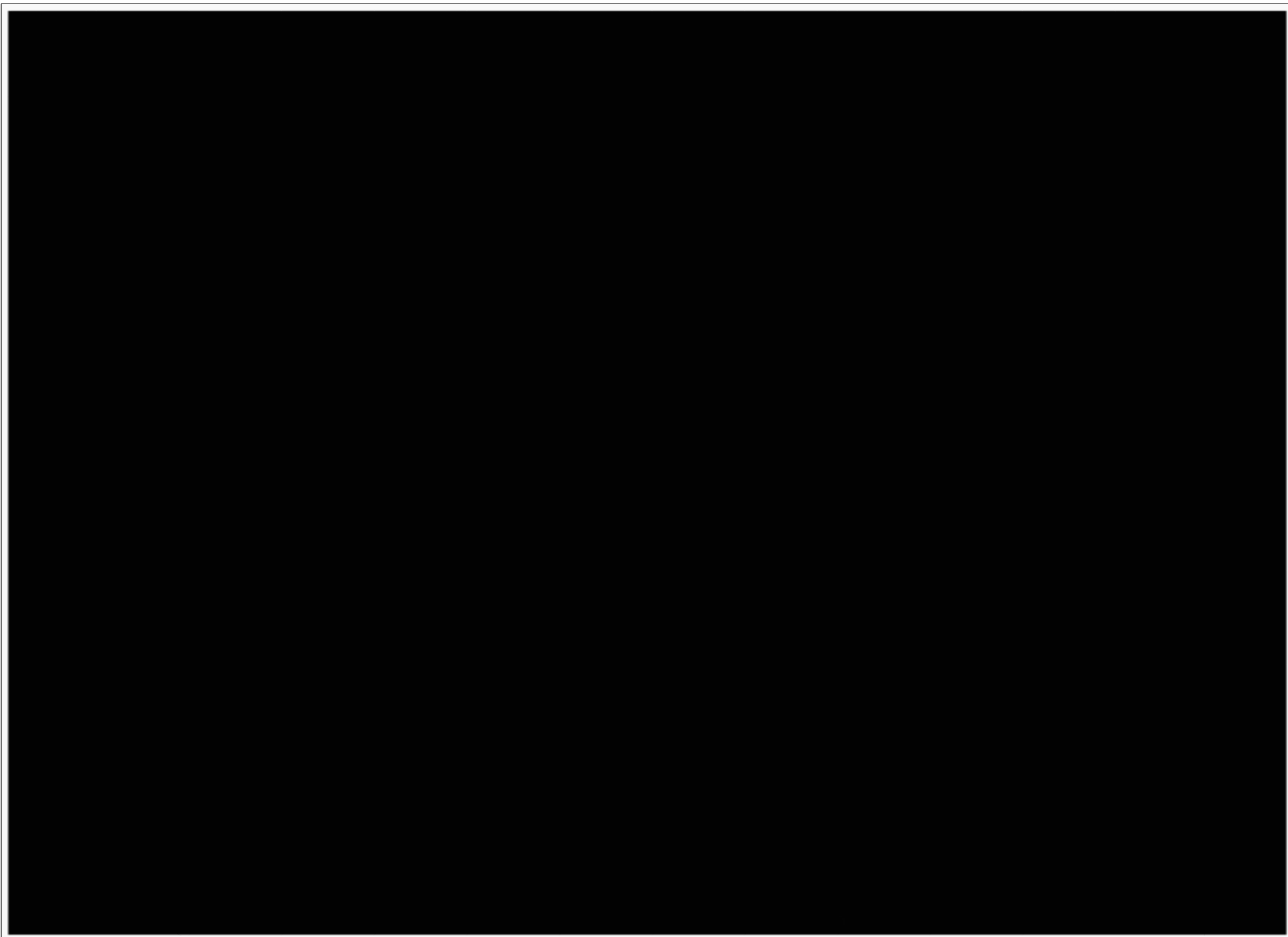
Conversations with Substitute Decision Maker
and other loved ones





Examples

- Letting SDM, loved ones and physician know your wishes, values and beliefs
- What do they need to know about you in order to make decisions the way you would?
- What brings quality to your life?
- What brings you pleasure and joy?
- What fears do you have about your health?





Benefits of ACP

- Improves patient & family satisfaction with care
- **Decreased caregiver distress & trauma**
- Decreased unwanted investigations, interventions & treatments
- Pts more likely to die in preferred setting, with earlier palliative care involvement
- Less likely to be hospitalized & admitted to critical care
- Decreased cost

Dr. Jeff Myers



What's next – Individual Level

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



We need your help

- Working across the Waterloo Wellington area
 - About 750,000 people
 - We can't do this alone!
- Do you have **connections** with other **groups** who would be interested in this?
 - Church/Faith groups
 - Workplaces
 - Etc



Evaluations





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Thank you!