

Why is it Important to Have Advance Care Planning?

Advance Care Planning can make a difficult time easier by:

- Giving you peace of mind that someone you know and trust is making informed decisions about your care and treatment.
- Helping those close to you make potentially difficult decisions on your behalf.
- Promoting open communication between you, your decision makers and your healthcare team.

Baycrest Experts Can Help

At Baycrest, you have access to experts in the care of older adults and their changing needs. Talk to your healthcare team at any time to discuss the care and treatments most suited to your wishes, values and beliefs.

Resources

For detailed information and guidance on how to start the process of Advance Care Planning, see the following resources provided by the Ontario Government:

- **Advance Care Planning Canada:**
<https://www.advancecareplanning.ca>
- **Ranking and duties of substitute decision makers in the Health Care Consent Act:**
 - **Advance Care Planning: Making Your Wishes Known:**
https://www.baycrest.org/Baycrest_Centre/media/content/form_files/ACP_MAKING-WISHES-KNOWN.pdf
 - **Making Healthcare Decisions As A Substitute Decision Maker:**
https://www.baycrest.org/Baycrest_Centre/media/content/form_files/MAKING-DECISIONS-AS-SDM.pdf

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For questions and assistance, please contact a member of your healthcare team.

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Advance Care Planning

Baycrest is an academic health sciences centre fully affiliated with the University of Toronto.

An introduction to planning your future healthcare and treatment

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Your Wishes Matter

Having a say in personal healthcare is vital to maintaining a strong sense of independence. However, there may come a time when, due to a medical condition or accident, you are not able to express your care and treatment wishes.

Advance Care Planning (ACP) is your chance to make choices about your future healthcare and treatment.

What is Advance Care Planning?

As mentioned on Advance Care Planning Canada's website:

"It's about conversations. It's about wishes. It's how we care for each other. Advance Care Planning is about having conversations with family and friends, especially your Substitute Decision Maker - the person who will speak for you if you cannot speak for yourself in case of a health emergency. It may also include writing down your wishes, and talking with healthcare providers and financial or legal professionals."



How to Get Started

5 Steps of Advance Care Planning

Who would speak for you if you couldn't speak for yourself?

Advance Care Planning is a process of reflection and communication.

Advance
Care Planning
CANADA



THINK

about what is most important to you – your values, wishes and beliefs.



LEARN

about your overall health. This may include current conditions you want to better understand.



DECIDE

on your Substitute Decision Maker(s), one or more people who are willing and able to speak, for you if you cannot speak for yourself.



TALK

about your values, beliefs and wishes with your Substitute Decision Maker(s), family, friends and health care providers.



RECORD

your values, wishes and beliefs in your Advance Care Planning Guide, in a letter, poem, video or audio recording.

Advance care planning – it's how we care for each other.
Learn more: www.advancecareplanning.ca

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At Baycrest, Advance Care Planning (ACP) is an important part of your overall care plan. ACP discussions can be raised at any time as your care wishes evolve or change. Here are some steps to help you prepare for your first ACP discussion with your Baycrest healthcare team.

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