

# *Your Wishes* **Matter**



## Creating your Advance Care Plan

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Baycrest Health Sciences  
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## 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 benefits.

## 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:

- **A Guide to Advance Care Planning:**  
<http://www.seniors.gov.on.ca/en/advancedcare/>
- **Ranking and duties of substitute decisions makers in the Health Care Consent Act:**  
<http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/poa.pdf>

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

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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 is your chance to make choices about your future healthcare and treatment.

## What is Advance Care Planning?

By taking an interest in your health and considering probable future outcomes, you have already begun the process of Advance Care Planning. It's all about taking control of your future preferences, including:

- What treatments would you agree to or refuse? Under what circumstances?
- Would you accept life-supporting interventions? Under what conditions?

Discussions with family, friends and healthcare providers, and documenting your wishes are also encouraged. Some clients may also want to speak with legal professionals during the process.



## How to get started

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. Below are tips to help you prepare for your first ACP discussion with your Baycrest healthcare team.

### Step 1: Think

- What is important to you in your future care and treatment options?

### Step 2: Learn

- Talk to your physician and healthcare team to learn more about decisions you may be asked to make in the future.
- Know what substitute decision makers do and when it is appropriate to name them.

### Step 3: Document

- Written care plans provide a very clear direction for your care team and substitute decision maker to follow.

### Step 4: Communicate

- Talk about your care wishes with your healthcare team and designated substitute decision maker.