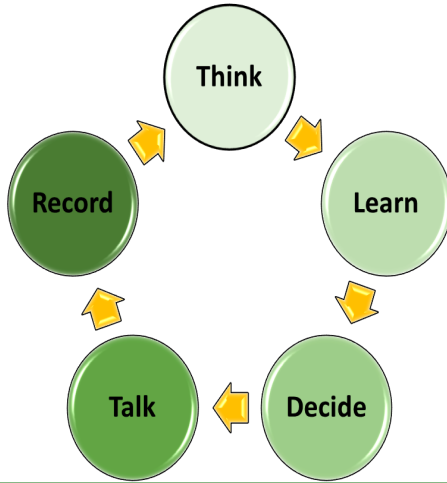


Putting it Together



Think about what makes you happy, what you value and what brings you joy.

Learn about your health and what medical choices you may need to think about making in the future.

Decide who you want to make your choices for you if you cannot: Appoint a proxy.

Talk about what is important to you with your doctor and anyone who will be making your medical choices for you

Record your plan by writing your health care directive, appointing your proxy, and sign and date them; give copies to your proxy(ies)

You can write your Health Care Directive on any template or write it out on a piece of paper.

You can include your proxy as part of your Health Care Directive or do it separately. As long as you sign and date it, it is legal.

THINK about what you want,
LEARN about your health
DECIDE who will speak for you
TALK to those closest to you about what is important to you and **APPOINT** a proxy,
RECORD by writing it down, sign and date it.

You can change your mind at any time as long as you can still make your own decisions.

SHA Advance Care Planning Program

Serving Saskatchewan with offices in Saskatoon & Phone 1-833-544-2255 or Email: advancecareplanningprgm@saskhealthauthority.ca



saskhealthauthority.ca

Healthy People, Healthy Saskatchewan

What is Advance Care Planning?

Advance Care Planning is the process of sharing your wishes for your future health care treatment.

Your Health Care Directive and your Proxy speak for you when you are not able to



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Advance Care Planning

You cannot predict the future. Making a Health Care Directive lets you start to prepare for your health care choices. This directive gives you an opportunity to have a say in your health care when you might not be able to speak for yourself.

We encourage you to start planning as early as you are able and revisit your directive as your life circumstances change such as: marriage, divorce, death of a loved one, becoming a parent, or at least once a decade.

Health Care Directive

Your Health Care Directive describes your wishes for the kind of health care you do or do not want to have if something happens to you and you cannot speak for yourself.

It tells the people you trust and your health care team what is most important to you if you become very sick or badly hurt.

You can ask someone you trust to make health care choices for you when you cannot. This is what it means to appoint a proxy or substitute decision maker.

You make your directive and choose a proxy by writing it down, signing, and dating it. This is all that is needed to make it legal.



Planning Ahead

It can be hard to know what your health care choices might be if you have not thought about it before.

If you create a directive it can help the people you trust who will be making those choices for you when you cannot. Being prepared helps to make a difficult and stressful time easier.

The people who are speaking for you will be able to give the doctor information to make the right choice for you.

Who Should Plan Ahead

Everyone over with capacity over age 16!

If you have just been diagnosed with a serious illness, have complex health needs, or are getting older, it is a good idea to ask someone you trust to be your proxy now.

Talk about what is important to you, what makes you happy, and what gives you joy.

Benefits of Planning

By planning ahead, you will be the one making your own health care choices.

Those you trust can be confident if they need to make medical choices for you, if you have already shared with them what is important to you.

Planning ahead helps the people you trust make sure your health care team will know what is most important to you.

Start Now!

No one can predict the future. A medical emergency can happen at any time. If you do not have a Health Care Directive already, it is never too early to start.

There are no guarantees in life. By making a directive and asking someone to be your proxy ahead of time you know who will be making choices for you.

You can change your mind and rewrite your directive at any time while you are

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.