

LET'S TALK:

More, Better, Earlier..... About Advance Care Planning

What is Advance Care Planning?

The process of a capable adult talking over their beliefs, values, and wishes about the health care they want or don't want, discussed with their health provider and/or family, in advance of a situation when they may be incapable of making health decisions.

What is an Advance Care Plan?

A plan (often written, but may have only been discussed) of the capable adult's advance care planning for their health care, to guide their Substitute Decision-Maker if called to make health care decisions in the event the adult becomes incapable of making decisions. (referred to in the My Voice guide as My Beliefs, Values and Wishes)

Who is a Substitute Decision Maker?

A capable person with the authority to make health care treatment decisions on behalf of an incapable adult and includes a personal guardian (committee of person), representative and/or temporary substitute decision maker.

Who is a Temporary Substitute Decision Maker (TSDM)?

A capable adult chosen by a health care provider to make health care treatment decisions on behalf of an incapable adult when care is needed. A TSDM is not chosen if the adult has an advance directive that addresses the care needed at the time, or if the adult has an available personal guardian or representative. (See the back for the list of the TSDM)

What is a Representation Agreement?

A Representation Agreement is a legal document in which an adult names a Representative and sets out the type and scope of health and personal care decisions that the Representative may make on behalf of the adult if the adult becomes incapable (Personal care refers to the daily living needs of individuals, such as living arrangements, diet, clothing, hygiene, exercise, and safety). Representation Agreements may be created without a lawyer or notary's involvement, but some adults will choose to seek their advice and assistance.

There are two types of Representation Agreements in BC:

- 1) The Representation Agreement Section 9 is for use by the capable adult.
- 2) The Representation Agreement Section 7 is intended for an adult without full capability (e.g. an adult with early dementia, or an adult with a cognitive disability such as Downs Syndrome) but in spite of their impairment they are still able to identify someone they trust to make decisions for them, such as a family member or a close friend.

What is an Advance Directive?

A written instruction made by a capable adult that gives or refuses consent to health care directly to the health care provider and your family.

*Basic Advance Care Plans, Representation Agreements and Advance Directives
Can all work well together ...
But you still need to have the conversation with your loved ones
So they know what to do.*

Resources:

Speak up: Advance Care Planning in Canada is a national initiative that provides resources for individuals, communities and health care providers about Advance Care Planning: www.advancecareplanning.ca

BC Ministry of Health: Advance Care Planning tools and documents for the public and health care providers:
<http://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning>

My Voice BC Expressing My Wishes for Future Health Care Treatment Advance Care Planning Guide
<http://www.health.gov.bc.ca/library/publications/year/2013/MyVoice-AdvanceCarePlanningGuide.pdf>

Public Guardian and Trustee of British Columbia, www.trustee.bc.ca . This office operates under provincial law to provide assistance to adults who need support for financial and personal decision making

“It’s never too early, but it can be too late to start your advance care planning.”

TSDM (to be appointed by Health Care Professional)

- the adult's **spouse** (legally married or cohabiting; same sex included)
- The adult's **children** (ranked equally)
- The adult's **parents** (ranked equally)
- The adult's **brothers or sisters** (ranked equally)
- **The adult’s grandparents** - (ranked equally)
- **The adult's grandchildren-** (ranked equally)
- Anyone else **related by birth or adoption** to the adult
- **A close friend of the adult**
- **A person immediately related to the adult by marriage**
- Someone **appointed by the Public Guardian and Trustee or the PG&T themselves**