

What is Advance Care Planning?

A process where a capable adult thinks and talks about what is important to them in relation to their health care wishes, in advance of a situation when they may be unable to make their own decisions. They may talk to their family and/or health care providers.

What is an Advance Care Plan?

A plan of the capable adult's wishes for their health care, created as a result of Advance Care Planning (referred to in the My Voice guide as My Beliefs, Values and Wishes). If the adult becomes incapable of making decisions, the plan guides the Substitute Decision Maker. The plan is often written, but may have only been discussed; it may include an Advance Directive and/or Representation Agreement.

Steps in Advance Care Planning:

1. **Conversations with yourself:**
 - **Who would make health care decisions for you if you cannot speak for yourself? (your Substitute Decision Maker)**
 - **What is important to you in relation to your health care wishes?**
2. **Conversations with others:**
 - **Substitute Decision Maker**
 - **Family and friends**
 - **Your health care provider:**
3. **Record/document your wishes.**
Optional but may provide peace of mind for all.
4. **Keep the conversations going.**
Your wishes can change over time- Keep everyone updated.

Temporary Substitute Decision Maker (TSDM) List

Appointed **by a Health Care Professional.**

The first person on the below list that is **19, willing and able, had no dispute** with the person, and had **contact within 12 months:**

1. The adult's **spouse** (legally married or **cohabiting**; same sex included)
2. The adult's **children** (ranked equally)
3. The adult's **parents** (ranked equally)
4. The adult's **brothers or sisters** (ranked equally)
5. The adult's **grandparents** (ranked equally)
6. The adult's **grandchildren** (ranked equally)
7. Anyone else **related by birth or adoption** to the adult
8. A **close friend** of the adult
9. A **person immediately related to the adult by marriage**
10. Someone **appointed by the Public Guardian and Trustee**

Who is a Substitute Decision Maker?

A capable person with the authority to make health care treatment decisions on behalf of an incapable adult. A Substitute Decision Maker could be a personal guardian (committee of person), Representative or Temporary Substitute Decision Maker.

Who is a Temporary Substitute Decision Maker (TSDM)?

A capable adult chosen from the TSDM list 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 available personal guardian or Representative **or** if the adult has an Advance Directive that addresses the care needed at the time.