For information – not legal advice.
© Sept 2026

Nidus Personal Planning Resource Centre and Registry

Conversation Starters
for Planning your Representation Agreement

Make sure your supporters understand what matters to you, how you make decisions, how you communicate, and how you want to be supported.

These questions are here to help you start thinking and talking. You don't need to have all the answers. For example, you can:

- Use them while planning and choosing who to appoint in your Representation Agreement (RA)
- Use them during or after your Representation Agreement Making Party
- Talk about one or more questions over coffee or a walk
- Tell the people you've chosen where they can find your RA and other important information – read how you can share documents you register on the Nidus Registry with specific people at nidus.ca/register

Ask the people you're choosing

WHAT DO YOU ALREADY KNOW?

- What do you know about Personal Planning and Representation Agreements? What would you like to learn?
- Do you have legal planning documents? What do they cover?
- Have you ever supported someone who needed help making decisions or managing their affairs? What did that experience teach you?

HOW CAN I PREPARE YOU?

- How do you feel about taking on this role? What questions or concerns do you have? What would you need to feel prepared to do this role / support me in this way?
- Is there anything about my wishes that you don't understand?
- What about this role would be difficult for you?

Notes

Remember: choosing someone isn't just about whether you trust them. It's also about whether they feel comfortable and able to do the role. You want to be confident they will act when you need them to.

WHERE MIGHT YOU DISAGREE?

The person acting as your representative may not have the exact same wishes for themself, as you have for yourself. It's worthwhile discussing where you might differ.

- How would you feel about supporting a decision you personally disagreed with?
- What would you do if you weren't sure what I wanted? What steps would you take to find out?
- What would you do if other people disagreed with you about what I wanted?

Notes

Keep the conversation going

You don't have to finish everything in one day. Revisit these conversations when something changes in your life or when it feels like a good time to check in.

- Your Representation Agreement gives your representative legal authority. Your conversations help them understand and carry out your wishes.
- Nidus recommends keeping any detailed wishes separate from the RA document.
- Talk about your wishes, even if you also write them down. Revisit them when things change.

Complete our other Discussion Tools

- ❑ Values & Beliefs Discussion Guide: For exploring and documenting your values, beliefs and wishes in each life area (health, personal, financial, legal).
  - https://nidus.ca/PDFs/Nidus_Tool_Values_Discussion_Guide.pdf
- ❑ Planning Circle Exercise: Identify the people in your life and how they can support you in different areas. Useful for identifying potential representatives, monitors, and witnesses.
  - https://nidus.ca/PDFs/Nidus_Tool_Planning_Circle_Exercise.pdf
- ❑ Tips for Expressing your Health and Personal Care Wishes - *RA9 Only*
  - https://nidus.ca/PDFs/Nidus_Info_AdultWishes_RA9.pdf