

Your Designated Proxy

Choosing someone to speak on your behalf:

- Your proxy is a person of your choice who you appoint to speak on your behalf if you are not able to.
- Your proxy must be 18 years of age or older.
- Your proxy must be willing and able to speak on your behalf and explain your wishes for your medical care.



WALLET CARD Complete all sections of this card.
Keep it with your Saskatchewan Health Services card.

In Case of Medical Emergency

I, _____
(Name—print clearly)
have written a “My Voice” Workbook and/or Advance Care Plan
and spoken with my proxy about my wishes.
A copy of this plan is located at _____
My proxy is _____
Please refer to this document by contacting my proxy:
Home: _____ Work: _____
Cell: _____
Signature: _____
Date: _____

Resources To Assist You:

My Voice - Planning in Advance for
Health Care Choices.

**For more information and to access
resources on Advance Care Planning
and appointing a proxy:**

[http://www.rqhealth.ca/quality-
transformation/advance-care-planning](http://www.rqhealth.ca/quality-transformation/advance-care-planning)

306-766-5922

advancecare@rqhealth.ca



Adapted, with permission, from:

Fraser Health Authority
www.fraserhealth.ca/media/ACPInfoBookletEng.pdf

Alberta Health Services
[www.calgaryhealthregion.ca/programs/
advancecareplanning/acp_docs/103281_brochure.pdf](http://www.calgaryhealthregion.ca/programs/advancecareplanning/acp_docs/103281_brochure.pdf)

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“Your Voice”

Planning in
Advance for
Health Care
Choices



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Taking Care Of Your Health Care Business

What Is An Advance Care Plan?

It is a legal set of directions you develop for your medical care if you are too ill or injured to communicate or make decisions. It's your voice for when you can no longer speak for yourself.

Sometimes an Advance Care Plan is referred to as a living will or advance health directive. In the Regina Qu'Appelle Health Region, we use the name Advance Care Plan.

Advance Care Plans are made by you, for you. You must be at least 16 years old to make a plan.

You can make your Advance Care Plan verbally; however, the Regina Qu'Appelle Health Region encourages putting your plan in writing. A written plan helps people accurately remember what you want. It makes it easier for them to communicate your wishes to health care providers who do not know you, when you are no longer able to speak for yourself.

It's Your Voice

Think about your values and wishes regarding health care preferences. Consider the following:

- What gives meaning to your life?
- Are there conditions under which you would refuse or discontinue treatment?
- Do you have religious or spiritual beliefs that influence your medical care preferences?

Talk to your health care providers, understand and learn about your health.

- Understand the medical treatments and decisions that might be considered for your care.
- If you do not have a known medical concern:
 - Think about what would guide your decisions if you were in an accident, or had a sudden medical event such as a heart attack or stroke.

Talk to those close to you and choose someone to speak on your behalf should you become unable to speak for yourself. Consider:

- Who would you want to communicate with your health care team?
- Do they know your wishes and values?
- Are they able to make difficult decisions in stressful situations?

Act by sharing and communicating your wishes and values regarding health care decisions to your:

- Loved ones.
- Identified proxy* (See reverse).
- Health care providers.

Use the "My Voice" Workbook to guide you and write your Advance Care Plan.

Why Should I Plan Ahead?

Health care decision making can be difficult. It is easier to make decisions when you have thought about your values, beliefs and/or treatment options ahead of time.

Who Should Have an Advance Care Plan?

Every adult can benefit from advance care planning. It is particularly important for seniors and those living with a chronic medical condition, to think about health care decisions they may be required to make in the future.

What are the Benefits of Planning Ahead?

By planning ahead, you will be the one making informed decisions for your own health care. Doing so eases the burden on those close to you. It helps them understand your wishes so they can speak on your behalf, should you be unable to do so. Your health care team will know your wishes and values.

When is the Best Time to Start Planning?

If you do not have an advance care plan already, begin today. A medical emergency or life altering event could occur at any time. You can change or revoke your plan at any time while you are mentally capable of doing so. A written plan helps those close to you to accurately communicate your health care wishes, should you be unable to speak for yourself.