

As your health changes, your wishes for your health care may change. You can change your advance care plan at any time. When completing a new one, make sure to sign and date your new plan. Give copies of the new one to your family, health care providers and your family doctor.



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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:

For more information or to obtain a copy of the “My Voice Workbook: Planning in Advance for Health Care Choices”, you can contact:



Advance Care Planning Office
306-766-5922

Aboriginal Home Care
306-766-7200

Four Directions
Community Health Centre
306-766-7540

Native Health Services
306-766-4155 - Regina General Hospital
306-766-2232 - Pasqua Hospital

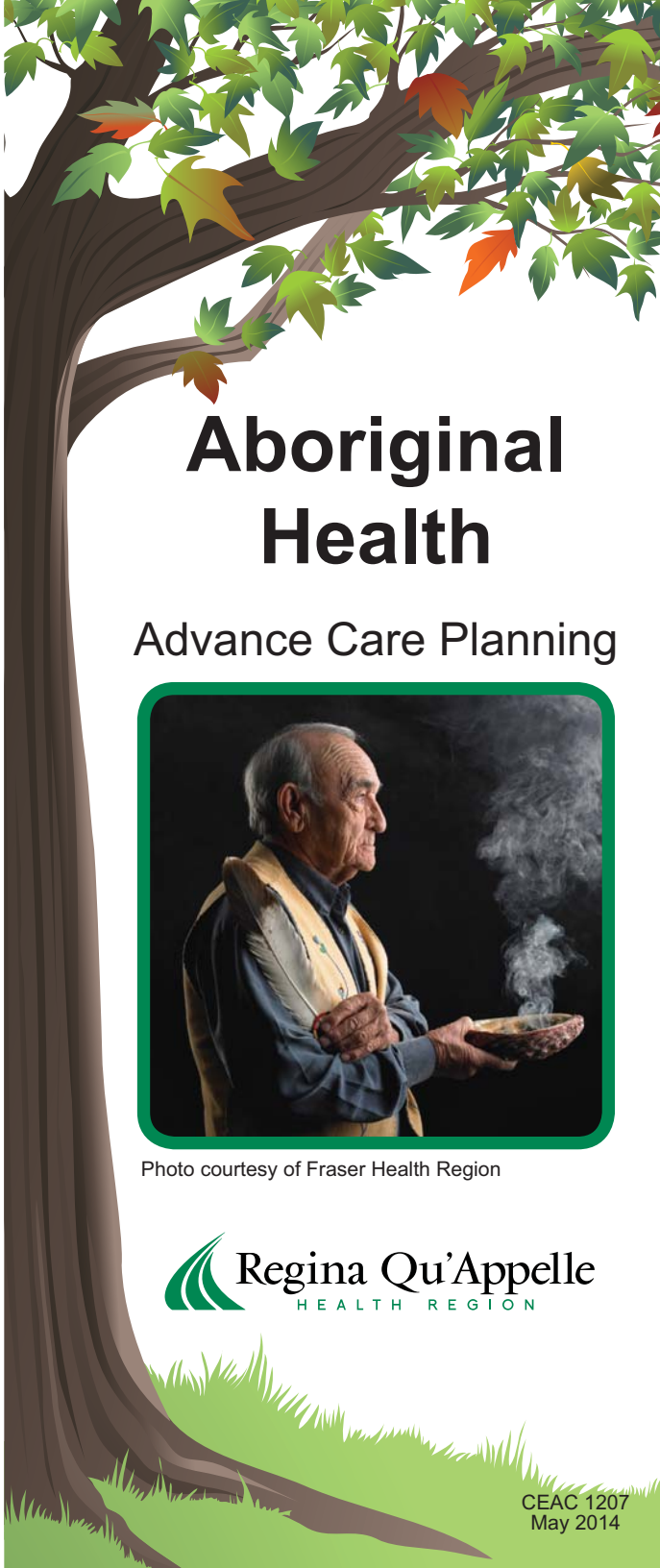


or visit

<http://www.rqhealth.ca/quality-transformation/advance-care-planning>



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Aboriginal Health

Advance Care Planning

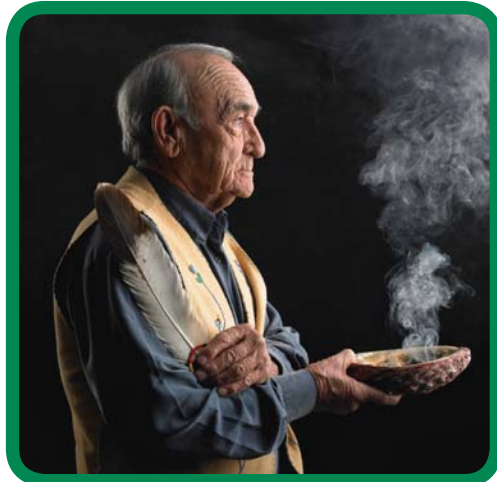


Photo courtesy of Fraser Health Region



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Taking Care of Your Health Care Business

Advance Care Planning

Advance Care Planning is thinking, talking and writing down your future health care wishes or instructions.

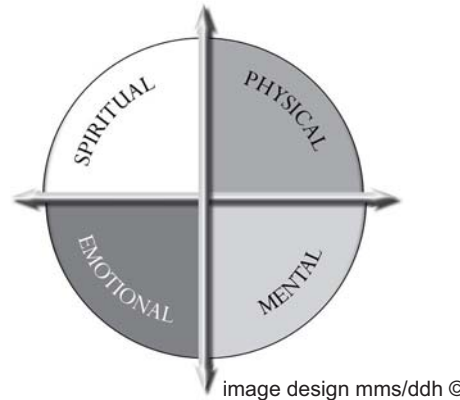
It is a plan that you make about your future medical care. The plan is your voice if you become too ill or injured to verbally share your health care wishes.

In Saskatchewan, an advance care plan is legal. Some people call this a living will.

Importance of Advance Care Planning

Advance Care Planning is important as it gives you a voice when you can no longer speak for yourself. You may have traditional ceremonies, medicine, and wishes that guide you and are an important part of your life. By sharing your wishes, care and planning can be offered which respects your preferences and your cultural and or spiritual beliefs.

Regina Qu'Appelle Health Region recognizes that cultural and/or spiritual ceremonies can be important for some Aboriginal patients and families. This may include the use of traditional medicines, elders and healers for end of life ceremonies.



Expressing my Specific Cultural Health Care Choices

My Voice workbook is a guide to help you talk to family members and health care providers about your wishes for future health care. If you wish to write down your plan there is a place at the back of the workbook.



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Share your Plan

You should share your plan with those closest to you who may be asked to make a health care decision for you. Your doctor and your health care provider should know about your plans.

Choose Someone to make Health Care Decisions

If you want, you can choose a specific person to make health care decisions for you.

This person is called PROXY.

- Your proxy is a person of your choice who you appoint to speak on your behalf if you are no longer able to.
- Your proxy must be 18 years of age or older.
- Your proxy must be willing to speak on your behalf and explain your wishes for your medical care.
- A proxy must be named in writing and signed and dated by you. You may choose more than one proxy.