

Appointing a Proxy

In Saskatchewan, *The Health Care Directives and Substitute Health Care Decision Makers Act (2015)* allows you to legally appoint a person of your choice to be your health care decision maker when you no longer are able to speak for yourself. This person is called a PROXY.

The person you choose as your PROXY must be 18 years of age or older. Appointing a PROXY must be in writing, signed and dated by you, not your PROXY (or their spouse). Your PROXY must be someone you trust to:

- respect your opinions and values.
- explain your wishes for your medical care.

Your health care team members are by law required to approach your nearest relatives in a specified order if you have not named a PROXY. Sometimes, this person may not be who you would want to be making your health care decisions. Naming a PROXY allows you to choose who makes these decisions for you.

WHO I WANT TO SPEAK FOR ME WHEN I CAN'T

I _____, having attained the age of 16, select this person to be my PROXY and speak for me if I am unable to communicate for myself or am unable to understand what the care providers are saying to me. I understand that it is important to discuss my wishes for future health care with my PROXY.

Name: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____

Work Phone: _____ Email: _____

Address: _____

You may also add the name of another trusted person as an alternate if your chosen PROXY is unable to speak on your behalf at any time (optional).

Name: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____

Work Phone: _____ Email: _____

Address: _____

Your Name (Print)

Your Signature

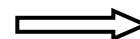
Date

Saskatchewan Health Card #

Witness Name(Print)

Witness Signature

Date



Completing the Proxy Appointment Form

A proxy is a person that you trust to make health care decisions for you if you no longer can speak for yourself. A proxy can be a family member or a friend.

1. You can choose one, two or more people to be your proxy(ies).
 - Remember if you have too many proxies, it may create difficulties for decision making on your behalf.
 - You can name your proxy(ies) in the order that you want the health care team to contact them. If the first person on your list is unavailable, the health care team would then attempt to contact the second person.
 - If you appoint them jointly, write this on the form.
2. You must sign the Proxy form at the bottom, including the date and your Saskatchewan Health card number.
3. Have someone witness your signature. The person that you name as a proxy(ies) or their spouse(s) cannot be a witness to your signature.
4. You can complete this form if you have capacity to make decisions, but you are unable to sign your name. You can sign with an X. You require a witness to your signing with an X. The person that you name as a proxy(ies) or their spouse(s) cannot be a witness to your signature with an X.
5. You give a copy of the completed Proxy form to:
 - your proxy(ies)
 - your Health Care Professionals (doctor, clinic, hospital)
 - those closest to you
6. You should discuss your wishes and directions with your proxy(ies) about the type of care you would want or not want should you lose the ability to make your own health care decisions.

For more information, you can contact the Advance Care Planning Program:

- Phone: (306) 766-5922
- Email: advancecare@rqhealth.ca