

# Who is YOUR Substitute Decision Maker?

A Substitute Decision Maker (or SDM) is someone who would make health care decisions for you if you became mentally incapable of doing so yourself.



By law, EVERYONE in Ontario has an SDM - even if they haven't chosen one. It's important for you to know who your automatic SDM would be. If you do not want your automatic SDM, prepare a Power of Attorney for Personal Care appointing someone to act in that role.

**Learn more about Substitute  
Decision Makers and the law at:**

[speakupontario.ca](http://speakupontario.ca)