

REMEMBER IN ONTARIO

Whether you know it or not, all people incapable of making personal health care decisions have an automatic SDM. The SDM ranking in Ontario is:

- 1) A court appointed SDM
- 2) SDM named in Power of attorney for personal care document
- 3) Someone appointed by the Consent and Capacity Board
- 4) Spouse or common law partner
- 5) Your children or your parent
- 6) Parent with right of access
- 7) Your brothers or sisters
- 8) Any other relative

If there is no one to fill the role of SDM then the office of the Public Guardian and Trustee will assume control. You have the right to choose someone else or someone other than those listed. You can do this using a document called a **power of attorney for personal care**. You do **NOT** need a lawyer to choose a Substitute Decision Maker.

Place Photo of Community or
Community Members Here

For more information on being an SDM or advance care planning please contact:

Place contact /reference information for your province here.

You can also reference these national resources:

www.speakupontario.ca

www.acelaw.ca

www.seniors.gove.on.ca

www.e-laws.gove.on.ca (Health Care Consent Act, Substitute Decision Act)

For more information, contact:

Insert:

Name

Title

Contact Address

Email Address

Phone (xxx) xxx-xxxx

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Photo Here***

**I HAVE BEEN ASKED
TO BE A SUBSTITUTE
DECISION MAKER
(SDM) IN (Your Com-
munity Name Here)
WHAT DOES THAT
MEAN?**

WHAT IS A SUBSTITUTE DECISION MAKER (SDM)?

Someone who makes health care decisions for another person in the event the person is not mentally capable of making a health care decision.

There are certain requirements that must be met under the Health Care Consent Act for you to be considered not mentally capable.

A Substitute Decision Maker is willing and available, and listed on the Ontario SDM ranking.

Someone who is at least 16 years of age. More than one person can share the responsibility of SDM.

You can choose someone (or more than one person) to be your Substitute Decision Maker by preparing a Power of Attorney for Personal Care.

WHO CANNOT BE A SDM?

Someone who is paid to provide health care, residential, social, training or support services (such as your doctor, landlord or social worker).

Someone who is mentally incapable.

I HAVE AGREED TO BE A SUBSTITUTE DECISION MAKER ... WHAT NOW?

Be available when needed to make decisions.

Maintain contact with the person who has named you their substitute decision maker.

Continue to have conversations with the person as their values and beliefs may change over time.

Reflect on the values, beliefs and wishes of the person.

Be mindful and aware of your own beliefs and values and how these may impact your decisions.

Be aware of where any important documents are stored.

Know that a SDM has no authority to make financial decisions.

Understand that health conditions are complex and it is not possible to discuss or anticipate every situation. Continued conversations with the individual while they are **capable**, will guide you to making the best decision.

If there is more than one substitute decision maker, **promote conversations** to lessen or ease conflict and stress when decisions are being made.

Place Photo of Community or Community Member/s Here

WHAT ARE MY RIGHTS AS SUBSTITUTE DECISION MAKER?

You should **only** be asked to give consent for a treatment when the person is **mentally incapable**.

You have the right to say no or withdraw from being someone's substitute decision maker.

You have the right to know the benefits, risks and alternatives of any course of treatment.

You have the right to refuse treatments being suggested.