

**ACP Day 2019**  
**HCC ACP CoP Social Media Tweets**

**Hash Tags:**

- #SpeakUpOnt
- #ACPdayON2019

**Key Messages for Ontario:**

1. Speak up! Discuss your wishes with your substitute decision maker. What you have to say is important! Learn more at [www.speakupontario.ca](http://www.speakupontario.ca)
2. If you were seriously injured and couldn't make your own healthcare decisions, do you know who would speak for you? Learn more at [www.speakupontario.ca](http://www.speakupontario.ca)
3. Life can change in an instant. There may be a time where you may not be able to make your own care decisions. It is important to prepare, in case this happens. Learn more at [www.speakupontario.ca](http://www.speakupontario.ca)
4. None of us know what tomorrow will bring. It is important to prepare for a time where you may no longer be able to make your own health and personal care decisions. Learn more at [www.speakupontario.ca](http://www.speakupontario.ca)
5. If you are not able to make your own health and personal care decisions, your substitute decision maker is responsible for making them on your behalf. Learn more at [www.speakupontario.ca](http://www.speakupontario.ca)
6. Did you know, by law, EVERYONE in Ontario has a Substitute Decision Maker (SDM) – even if they haven't chosen one. It is important for you to know who your SDM would be and share your wishes. For more information, go to: <http://bit.ly/2paGcx8>
7. Not happy with your automatic substitute decision maker (SDM)? You can choose a different SDM by preparing a Power of Attorney for Personal Care and appointing someone to act in that role. For more information, go to: <http://bit.ly/2paGcx8>
8. Prepare your substitute decision maker to make health and personal care decisions on your behalf by having conversations about your wishes, values and beliefs. Learn more at [www.speakupontario.ca](http://www.speakupontario.ca)
9. Advance care planning is about confirming your substitute decision maker and communicating your wishes to help them make decisions in the future if you couldn't make them for yourself. Learn more at [www.speakupontario.ca](http://www.speakupontario.ca)