

# Advance Care Planning

Name	Date
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A capable adult provides consent at all times. Your **Temporary Substitute Decision Maker** is used only if not capable of making your own decisions.

## Temporary Substitute Decision Maker List (TSDM)

Consent by TSDM must be obtained in the order of the hierarchy set out in BC Law and may not be changed. To qualify as a TSDM, the person listed must be 19, capable, have no dispute with you and have been in contact with you in the year before you need health care. If a TSDM is needed, your health care provider will choose the first person on the list who is qualified and available.

Ensure the TSDM understands the instructions/wishes in any advance care planning documents.

Spouse (includes married, common-law, same sex. Length of time living together does not matter)

Name	Phone
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Adult Children (birth order does not matter/equally ranked)

Name	Phone	Name	Phone
Name	Phone	Name	Phone

Parents (equally ranked/may include adoptive)

Name	Phone	Name	Phone
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Brothers or Sisters (birth order does not matter/equally ranked)

Name	Phone	Name	Phone
Name	Phone	Name	Phone

Grandparents (equally ranked)

Name	Phone	Name	Phone
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Grandchildren (birth order does not matter/equally ranked)

Name	Phone	Name	Phone
Name	Phone	Name	Phone

Anyone else related by birth or adoption

Name	Phone	Name	Phone
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Close Friend

Name	Phone	Name	Phone
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A person immediately related by marriage

Name	Phone	Name	Phone
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PLEASE **DON'T** INVOLVE THE FOLLOWING PERSON(S) IN MY HEALTHCARE DECISIONS:

Name	Phone	Name	Phone
Relationship:		Relationship:	

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## Advance Care Planning Conversations

Starting the Conversation with family and/or Substitute Decision Makers

- I want you to be prepared if you had to make decision on my behalf
- I think it is really important all of the family understand and can honor my wishes

Starting the Conversation with your health care provider

- What proposed treatments may be offered to me and how might the treatments improve or worsen my daily life
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**Resources:** Some suggested resources to help with getting started on your advance care planning

Fraser Health information line: Phone 1-877-825-5034

[www.advancecareplanning.ca](http://www.advancecareplanning.ca): Information and online tool    Speak up: [Make My Plan](#)

[www.fraserhealth.ca/acp](http://www.fraserhealth.ca/acp): My Voice – Advance Care Planning Guide  
Video: 5 Steps - Making a Plan (Think Learn Decide Talk Record)

<http://www.seniorsbc.ca>: Healthy Aging - Advance Care Planning