

ADVANCE CARE PLANNING: WHERE TO START

It is strongly recommended to talk to your health care provider, family, and loved ones before completing a Health Care Directive.

Advance Care
Planning Canada



www.advancecareplanning.ca

Health Care
Directives
in Manitoba



[www.gov.mb.ca/health /
livingwill.html](http://www.gov.mb.ca/health/livingwill.html)

Advance Care
Planning Guide



[www.wrha.mb.ca/
advance-careplanning](http://www.wrha.mb.ca/advance-careplanning)



ADVANCE CARE PLANNING

Your Voice.
Your Care.
Your Plan.

MMF Supports for Red River Métis Citizens:

Community Navigation

Phone: 431-294-7462

Our Community Navigators can provide information and connect Citizens with relevant supports and resources.

Mental Wellness Support Line

Phone: 1-833-390-1041 Ext 1

Advance care planning can bring up difficult emotions. Our Mental Wellness phone line provides free mental health support for Red River Métis Citizens.

mmf.mb.ca



Health & Wellness



Health & Wellness



What is Advance Care Planning?

Advance Care Planning is a process to think about, discuss, and document your future medical care to ensure your wishes are understood and respected. It involves sharing your values, beliefs, and preferences with healthcare providers and loved ones, and writing them down in a Health Care Directive.

Why Create an Advance Care Plan?

- ∞ Allows you to control your medical decisions.
- ∞ Reduces stress and uncertainty for your loved ones.
- ∞ Ensures your wishes are honoured when you may be unable to communicate.

Who Should Create an Advance Care Plan?

Everyone. You never know when an unexpected event or illness may leave you unable to communicate your wishes. Planning ahead is especially important for older adults and those living with a chronic illness.

When Should I Start Advance Care Planning?

Now. It is important to talk about advance care planning before a serious illness or event occurs. Having a plan will ensure that if something unexpected happens, your treatment preferences are clearly understood.

What is a Health Care Directive?

A Health Care Directive, sometimes called a Living Will, is a legal document that outlines the medical treatments you wish to accept or refuse in the future and designates a Health Care Proxy.

To create a Health Care Directive in Manitoba:

- ∞ You must be at least 16 years old.
- ∞ The document must be written, signed, and dated by you.
- ∞ You can use the form prepared by the Government of Manitoba: www.gov.mb.ca/health/livingwill
- ∞ You may wish to consult a lawyer for guidance, but it is not required.

What is a Health Care Proxy?

A Health Care Proxy is a trusted person you choose and name in your Health Care Directive to speak for you and make medical decisions on your behalf should you be unable to do so.

