

# Enduring Guardian: Plan ahead & take full control of your Healthcare

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Sometimes we face the challenging situation of not having the capacity to make our own health and well-being decisions.

You can appoint an *Enduring Guardian* at a time when you have the capacity to make personal, health or lifestyle decisions. The *Enduring Guardian* will act on your behalf should you lose the capacity to make the decisions yourself.

You can determine the functions within the appointment of someone as an enduring guardian. For example, you may choose to let the *Enduring Guardian* decide:

- Where you need to live. May be a nursing home, assisted care facility, etc.
- The type of medical treatment you should receive or not receive.

Be assured that there are formal and established guidelines for the *Enduring Guardianship*. Your appointed *Enduring Guardian* must act within the principles of the *Guardianship Act*, acting in your best interests and within the law. You cannot give your guardian the direction that would involve them in an unlawful act, such as euthanasia.

## **Advanced care planning process**

Advance care planning is a process you can undertake to prepare for scenarios should you have an accident or suffer Dementia or Alzheimer's disease or other incapacity near the end of your life. The process is called an *Advance Care Directive* and is often referred to as a "*living Will*".

An *Advance Care Directive* is a written statement that outlines your wishes for future health and personal care in the event that you are unable to make decisions for yourself. As with the *Power of Attorney* and the Appointment of an *Enduring Guardian* the person making the *Advance Care Directive* must have the capacity to make their own health care decisions at the time the directive is prepared.

The *Advanced Care Directive* may be incorporated in an *Appointment of Enduring Guardian* or it may be a separate, more informal, document.

However, where an *Advance Care Directive* conflicts with enduring guardianship, the guardian is able to make decisions contrary to the directive.