What is a Substitute Decision Maker (SDM)?

No one can predict the future.

Even if you make a Health Care Directive, with instructions for your future healthcare, it is still important to have a Proxy. Your instructions may not include everything that may happen to you but your Proxy should know what is important to you and be able to tell the health care team what you would want.

Your Substitute Decision Maker is your voice when you cannot speak for yourself.

Decisions made on your behalf include your Health Care Directive and everything your SDM knows about you and how you want to live your life.

You can appoint a proxy on any template or write it out on a piece of paper. You can include it as part of your Advance Care Plan or do it separately. As long as you sign and date it, it is legal.

THINK about what you want.
LEARN about your health.
DECIDE who you want to speak for you.
APPOINT a proxy.
TALK to those closest to you about what is important to you.
RECORD - write it down, sign, and date it.

You can change your mind at anytime as long as you can still make your own decisions.
Values and Joy

What we value is reflected in what makes us happy and brings us joy. Think about what makes you happy every day and how you like to live your life.

The answers to these thoughts are important to share with your SDM. Your SDM may have difficult feelings about your choices when they need to make health care decisions for you. That is normal. Talking with your SDM about your answers to these and other questions will help them know what you want when they need to speak for you.

Some things to talk with your SDM about and to include in your instructions might be:

- Would you suffer for a chance to live longer? If so, how much?
- What if you need someone to care for you like: to feed you; dress you; help you go to the bathroom.
- What if you cannot recognize or have a conversation with friends and family.
- What if you cannot go home?
- Would you agree to a tube feed if you cannot eat or swallow? Would you agree to a tube feed for a short time or long time?

Appoint a proxy and make your Health Care Directive when you are healthy and well. Talk about what is important to you in case you lose the chance.

Legal Guardian

An adult who is worried a person cannot look after themselves can ask to become their legal guardian. They would go to court to ask a judge to become their guardian.

Proxy is not the same as a Power of Attorney

Nearest Relative

A nearest relative is an adult who makes medical choices if a proxy was not appointed and there is not a guardian.

The law has a list of family members to ask in order starting with the oldest.

Only biological and legally adopted family are included

Health Care Professionals

If there is no one else to make decisions, two health care professionals will decide for you.

Wallet Card: Complete all sections of this card. Keep it with your Saskatchewan Health Services Card.

I, _____________________________________, (Print Name Clearly) Have written a health care directive and have spoken with my proxy about my health care decisions.

A copy of this plan is located at: ________________________________________________

My Proxy is: ____________________________________

Home: __________________ Cell: __________________

Date: _________________________________________

NOTE: This is not intended to be a proxy appointment