



Family Caregivers
of British Columbia

In conjunction with

Patient Pathways

INDEPENDENT HEALTHCARE NAVIGATORS & ADVOCATES



Advance Care Planning

For family caregivers and
those they are caring for...

Who we are



Family Caregivers
of British Columbia

- Family Caregivers of BC (FCBC) is a non-profit charity dedicated 100% to the well being of family caregivers
- 30 years – 1st of its kind in Canada now 4 provincial organizations across Canada
- Serving across BC since 2010, past 6 years as part of the Ministry of Health's Patients as Partners Initiative
- Three pillars include, caregiver support, education and engagement and collaboration

CAREGIVER SUPPORT

- Caregivers Support Line - 1-877-520-3267
- Socio-Emotional Support for Caregivers
- Information, referral & navigation
- Support groups
- Support group facilitator training
- Caregiver Coaching
- Online caregiver resource centre

EDUCATION

- Resource library: webinars, Caregivers Out Loud podcast and tip sheets
- Newsletters publications, E-news, articles and blogs on relevant caregiving topics
- Outreach and collaboration with community groups

ENGAGEMENT & COLLABORATION

- Caregiver engagement quality improvement health policy
- Presentations participation in health committees
- Collaborations: condition specific organizations; health authorities, Ministry of Health research

Webinar Instructions

- Everyone will remain muted and cameras will be off
- You will be prompted to reflect and provide feedback through the presentation – please use the ‘Chat’ box
- There will be a 10-minute question period at the end - use the “Q & A” feature to ask questions anytime, and the questions will be responded to during the question portion



Connie Jorsvik



Family Caregivers
of British Columbia

Part 1: Advance Care Planning with a focus on Representative Agreements

For family caregivers and those they are caring for...



Learning Overview

WHAT WE'RE COVERING

- Introduce Advanced Care Planning and understanding different parts of Advanced Care Planning
- Strategies to develop your own Advanced Care Plan
- Review representation agreements and preparing your representative agreements



Family Caregivers
of British Columbia



Patient Pathways

Empowering
patients and
those who love
them.



 **Healthcare**
SERIES

Advance Care Planning

Prepare for Serious Illness by
Sharing Your Wishes for Future
Health and Personal Care



Includes free access to
downloadable kit

Connie Jorsvik, BSN

Self-Counsel Press
HEALTHCARE

Advance Care Planning is important for all adults, no matter your age or state of health.

The COVID-19 pandemic heightens the need and the urgency with which we should all complete our own Advance Care Planning.



Serious and complex illness, injury, and life-ending diagnosis can and do happen to any one of any age.

There are detailed indexes and resources in the book. Read what you can, what you need, when you need them.

And then, put it in your In Case of Emergency folder and use it as your guide when you or your loved ones are in the healthcare system... and then, use it as your health care guide.

It always seems too early...

Until it's too late.



***Caregivers often neglect their own
Advance Care Planning...***

Are you looking after you?



Advance Care Planning (ACP) is an umbrella term for conversations and documentation about your values, beliefs, and preferences for future care for a time when you can't make your own decisions.



ACP is a vital topic for family caregivers who:

- Are reluctant to bring up these conversations with those they care for...**
- And don't think to do this important planning for themselves.**





For yourself and for those you love and care for, the process is:

1. **Consider the Values and Beliefs – of your loved one, as well as your own.** *(70% of spouses do not fully understand values, beliefs, and preferences for care.)*
2. **Determine where you are in your health journey** *(a vital step assessment with COVID-19)*
3. **Choose your Substitute Decision Maker(s)**
4. **Talk with your Substitute Decision Maker(s) and loved ones**
5. **Document your wishes.**



Advance Care Planning documentation is done in
preparation *for a time*
when you are no longer capable
of making your own healthcare decisions.

During COVID-19 this is extremely relevant.



An important note for these uncertain times:

With COVID-19, the progression of the illness can be sudden, and even prior to ventilation, you may be so ill that you can't make decisions and will need to rely on others.

If you are on a ventilator, you will likely be deeply sedated and others will need to make decisions for you.



As a caregiver it is vital you put your own plans in place – and plans in place for the person you are caring for – should *you* become suddenly ill.



STRATEGIES TO ASSIST IN COMPLETING ACP



Prioritize: What needs to be done first?

If something unexpected happened tomorrow (like COVID-19), what would you need to have done?

What are the biggest risks to you or the person you are caring for?

Do this part of your ACP first!



- **Set up a buddy system.**
- **Put it into bite sized pieces.**
- **Reward yourself.**



Changing or Cancelling Advance Care Planning Documents

When a person is *capable*, any ACP documents can be changed or cancelled (revoked) at any time.



Representation Agreements

CHOOSE YOUR SUBSTITUTE DECISION MAKER



“Substitute Decision Maker” (SDM) is the accepted world-wide term for the person who will make healthcare decisions for you when you are not capable of making decisions for yourself.



If your loved one is not able to make decisions on you're their own behalf and they have not assigned a SDM, a Temporary Substitute Decision Maker (TDSM) will be authorized to make decisions for them.

This is not always the person who is looking after them at home. If they want you to speak for them, strongly consider a Representation Agreement.



1. Spouse (can be a common-law relationship)
2. Adult children
3. Parent
4. Sibling
5. Grandparent
6. Grandchild
7. Anyone else related by birth or adoption
8. Close friend (an adult with whom you have a long-term, close personal relationship involving frequent contact, but who does not receive compensation for providing your personal care or health care)
9. A person closely related by marriage

The TSDM hierarchy applies unless any of the people listed above have not been in contact with you for 12 months or more, and/or there is evidence of conflict between you.



In BC, a SDM is formally and legally named on a
Representation Agreement



REPRESENTATION AGREEMENTS

If memory issues are becoming apparent, it is imperative to make decisions regarding Representation and Enduring Power of Attorney documentation as soon as possible.



Types of Representation Agreements – RA7 and RA9



Representative Agreement Section 7 (RA7)

An RA7 may be signed by someone who does not meet the traditional definition of capability.

An adult may make an RA7 even if it is not clear whether the adult can make a contract. For example, adults with moderate to advanced mental illness or dementia who might not managing their day-to-day affairs.

They may still be able to name a person they trust to manage their health, personal, and can include routine management of financial affairs (optional).



Representative Agreement Section 9 (RA9)

This is the most appropriate document for most adults. The RA9 does *not* allow for any financial management – an Enduring Power of Attorney should be considered if you wish to appoint someone to manage your financial affairs.

The Representative 9 is authorized to assist you with:

- **Health care:** Your Representative helps you make healthcare decisions, including end-of-life care decisions, or speak on your behalf when you are unable.
- **Personal care:** Collect your mail, water your plants, clean out your fridge, care for your pets, look after your dietary needs, etc. They can make decisions about future living arrangements, such as assisted living or long-term care.



A note about Mental Capability



A few things to consider when choosing a Representative



- You can't be paid to care for them (except spouse or adult child)
- You must be a mentally capable adult
- **You are readily available – even if by phone**
- **You are ready and willing to take on the role**
- **You will respect your religious or spiritual beliefs**
- ***You will carry out their wishes, even if they are different from your own.***



The Representative is often a close relative...

But they can also be a close friend or neighbour.



Talk with your Representative and loved ones.

Share your values, beliefs, and preferences for future health care wishes.

Don't assume they will know what you would want.



PREPARING YOUR REPRESENTATION AGREEMENT

NOTE: a lawyer is not required but consider seeking counsel for any complex situations.

Do it yourself no cost:

- Nidus.ca
- Forms on Government of BC website
- Forms on Public Guardian and Trustee website

For a fee:

- Lawyers specializing in elder law or estate law.
- Nidus has customized versions of RA7 and RA9 (cost associated)



Note: If you are going to a lawyer to draw up your documents, they often put all ACP documents together. Ask that they are separated.

This is especially important for the Representation Agreement and Advance Directive.

- In a time of health crisis, physicians will not take the time to read through a 20 page document.
- You need to be able to update the documents as your health and circumstances change.

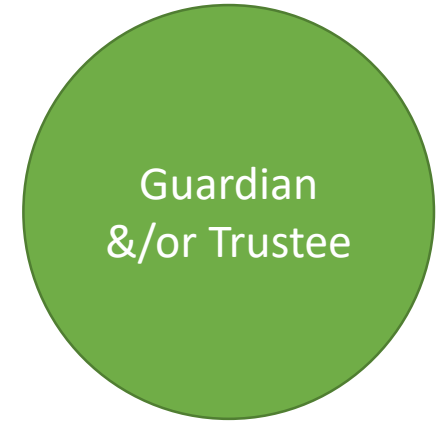
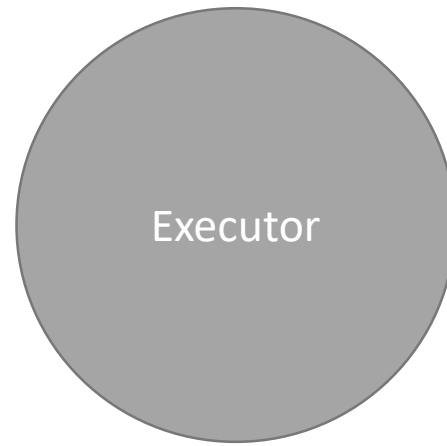
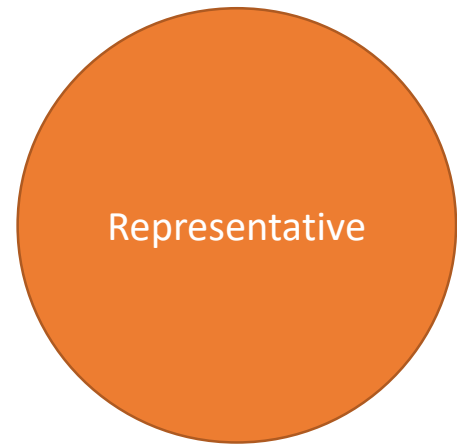
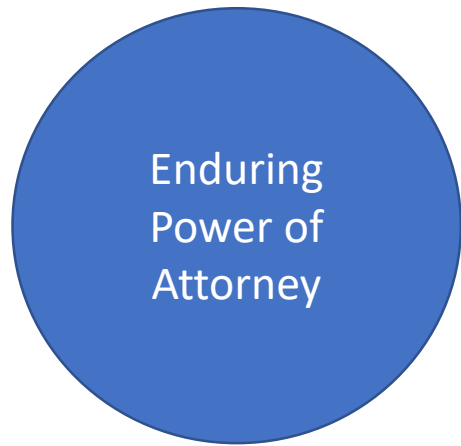


During this pandemic, if you have not identified a Substitute Decision Maker, or they may not be immediately available to speak to a healthcare professional,
your Advance Directive should be as clear and detailed as possible.



But Representatives are legally obligated to honour your wishes, or what they believe you would want, if you had been able to speak for yourself.





Note: You may name one or more people for several roles but *separate documents are required.*



Thursday October 8th

Advance Care Planning with a focus on Advance Directives:

- Determine Values & Beliefs
- Determine where you are in your health journey
- Medical Orders for Scope of Treatment (MOST)
 - Choose your level of care
 - Write your Advance Directive.



A checklist for a completed Advance Care Plan



I have:

- ✓ Chosen my future Substitute Decision Makers
- ✓ Thought about my values and beliefs.
- ✓ Decided on my preferences for future health care.
- ✓ Discussed my values, beliefs and preferences for future health care with my Substitute Decision Maker(s).
- ✓ Completed my Advance Directive and have had it signed and witnessed.
- ✓ Completed or reviewed my Power of Attorney (POA) for finance and indicated where it can be found.
- ✓ Completed or reviewed my Will and indicated where it can be found.



**Put copies of relevant documents in a clear folder,
binder, or Green Sleeve and place these documents on or
beside your fridge**

*(or put a clear note on your fridge indicating where these
documents can be easily found).*



**Give *copies* of important documents to your
Substitute Decision Makers, your Enduring
Power of Attorney, and your Executor.**



If your Directive is specifically in preparation for COVID-19,

And it is different than it would be in other circumstances...

Consider revoking, rewriting your Directive after this crisis has passed.



A few additional important notes...



In Case of Emergency

In order to get your information to First Responders, paramedics and Emergency Room physicians quickly and accurately, gather your medical history, medications and emergency contacts in one place.

Go to the Patient Pathways ICE form, online. It is a FREE, fillable, saveable, and printable form:

http://patientpathways.ca/wp-content/uploads/PP_ICE_Form_2019.04.09.pdf



A few additional hints of things to think about:

- **Do you have someone else in your home that will need care? Clearly indicate that... and who First Responders should call.**
- **Make pre-arrangements for your pets and have those clearly indicated on your documents.**
- **Let someone know where all relevant account and computer passwords are!**





Leave a legacy...

Not a mess!



This is an opportunity to review and put in place your paperwork for ACP Financial Preparation and Estate Planning.

Financial Planners, Notaries and Lawyers are still all working – although, like the rest of us – remotely via telephone or teleconference.



Questions



Where to Buy My Book

Self Counsel Press:

E-book: <https://www.self-counsel.com/advance-care-planning-epub.html>

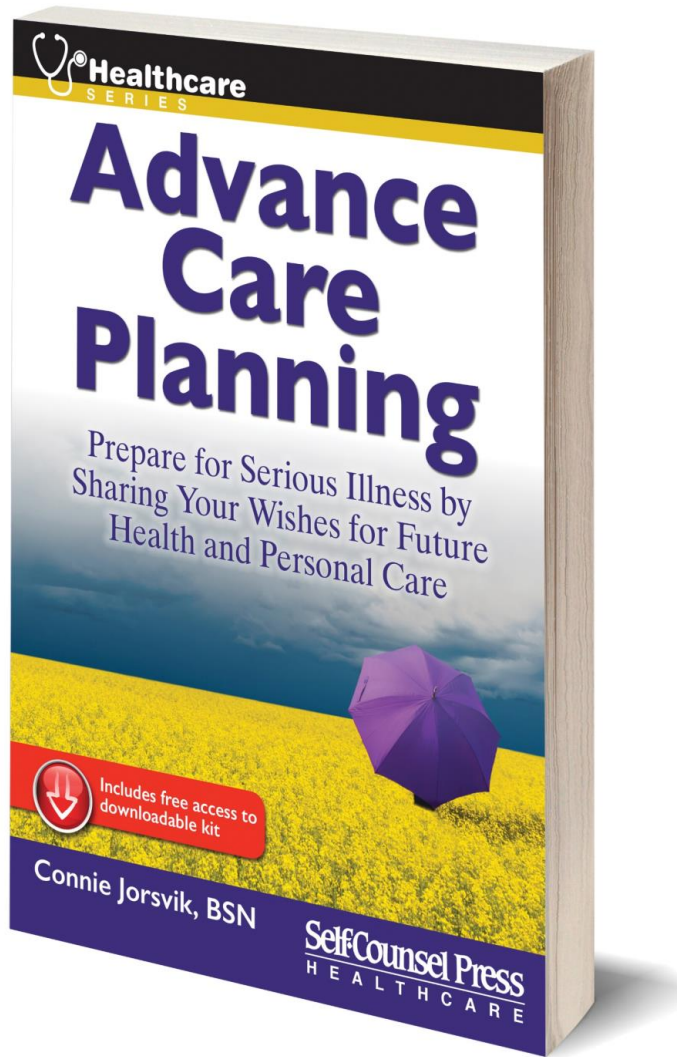
Soft Cover: <https://www.self-counsel.com/advance-care-planning.html>

Can also be found by searching
“Advance Care Planning + Connie Jorsvik”
and available through Amazon, Google Books, and Indigo.

Contact Connie:

604-440-6795

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FCBC Resources

Caregiver Toll-Free Support Line

1-877-520-3267, Mon-Fri 8:30am – 7pm

- 1-1 Emotional Support
- Help with navigating the health care system
- Access to support groups
- Referral to community resources

Caregiver Education

- Caregiver Connection Newsletter
- FCBC Monthly Enews
- Caregiver Tips and Tools (webinars, articles, podcast, booklets)
- FCBC Social Media (FB Lives and YouTube Channel)



Family Caregivers of British Columbia

www.familycaregiversbc.ca

We wish you health and happiness as we continue through these uncharted waters.

Thank you for being with us and join us for Part 2 on October 8th, 10 am with a focus on advanced directives!

