

Has your family member or friend living with mental health challenges thought about who would speak on their behalf if they were unable to do so?

Would you know what their choices would be if you were to speak for them?

Advanced Care Planning is about the steps a person needs to take to ensure their care treatment wishes are known and honored in a time of crisis when the person is unable to guide their own care.

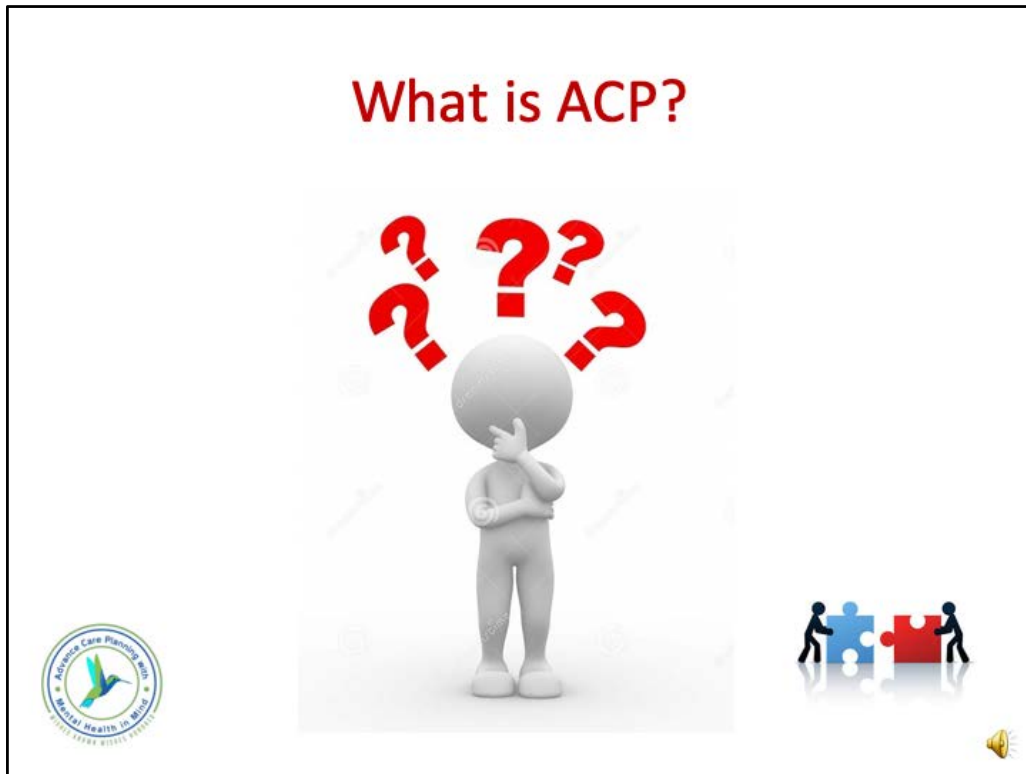


We each are unique and know best what **our individual treatment choices** are.

However if a person is unable to speak for them self the health care professionals are trained to do everything possible to restore the person to health.

Advanced Care Planning makes sure that an individual has communicated what their preferred treatment choices are ahead of a crisis.

And has chosen someone the individual trusts to make **their choices known**.



Imagine your loved one is in a situation where they cannot make decisions.

Advance Care Planning is a process of conversations with the ones we love and our health care providers.

It can start as early as 18 years old and can be changed over time.

An individual's decisions are documented in an Advanced Care Directive, which is a legally binding document recognized by the medical profession.

The goal is that the individual's treatment wishes are expressed, known and honored.



We have a 15 min and a 1 hour presentation that goes into more depth about advance care planning to learn more about how this all works.

Is that something you might be interested in?

If you would like to learn more about making an advanced care plan we can review the workbook called **“Making a Plan Thinking Ahead.”**



I am a person with lived experience of mental health challenges. I help people learn about how advance care planning works, talk things over, help individuals complete the forms and get them where they need to be ahead of a crisis.

I have done advanced care planning for myself using the “Making A Plan-Thinking Ahead” Toolkit that I will be sharing with you if you want to learn more.

I am here to help you through this process if you would like me to.



Making an advanced care plan requires that an individual think about what kind of care do they want (or do not want) when seriously ill, incapacitated or at life's end.

An Advanced Care Directive allows us to include care choices that we want in the time of serious illness **which can include mental health choices.**

The individual decides who they want to speak with their doctor and other health care providers if the individual cannot speak for them self (health agent)

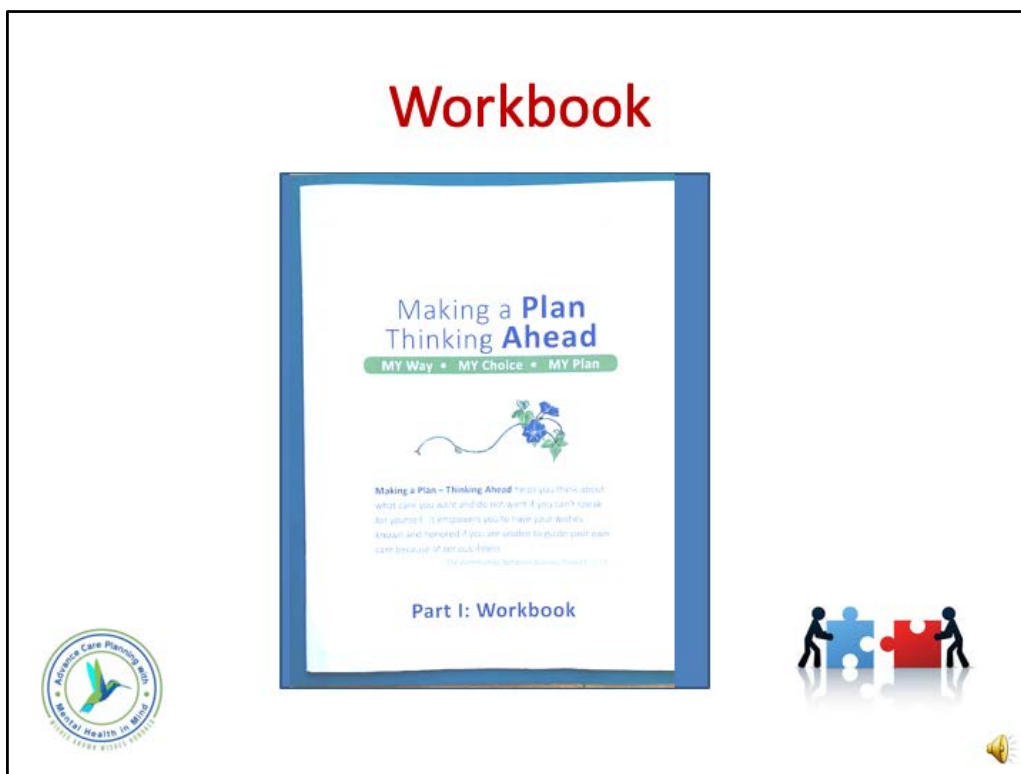
The advance care plan will help guide the individual's doctor and others about what kind of care they would choose.

Health Agent/Surrogate



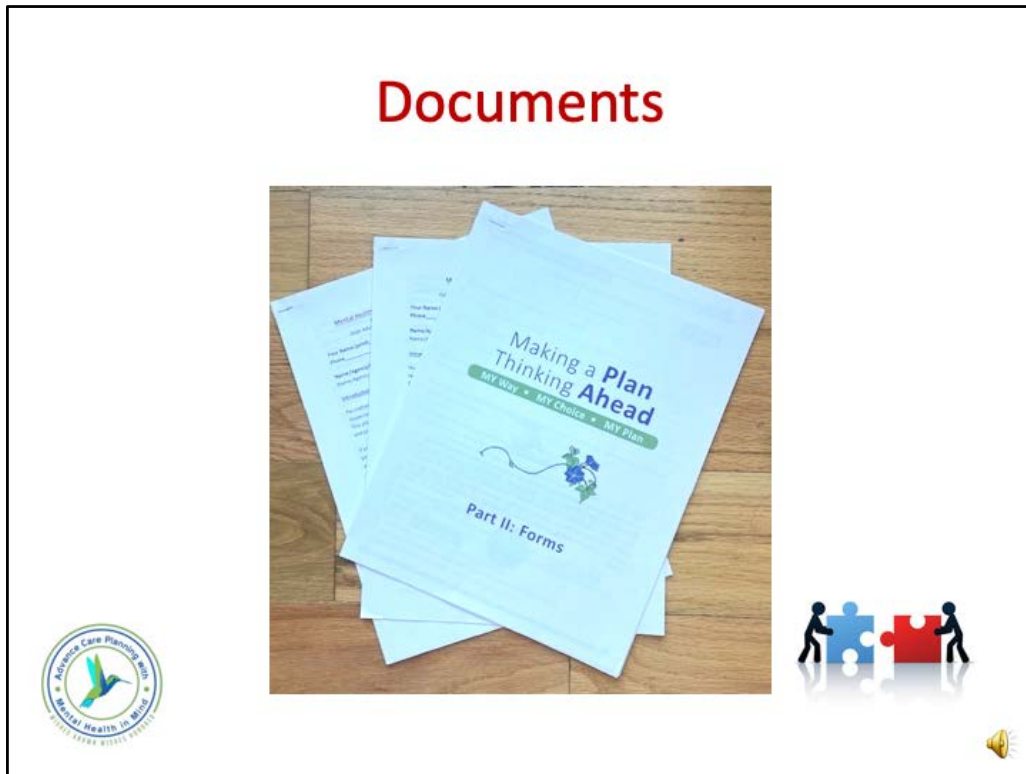
Part of this process is to choose the person that will have the legal right to speak on an individual's behalf when they are not able to.

Some individuals like to do this after they have gone through the Making A Plan work book. Others like to have their chosen health agent or a Trusted Helper go through the process with them.



The **“Making A Plan, Thinking Ahead”** toolkit was created with the help of people who have a lived experience of mental health challenges (mental health peers) to address special needs of others who have similar experience of mental health challenges and those who are of service.

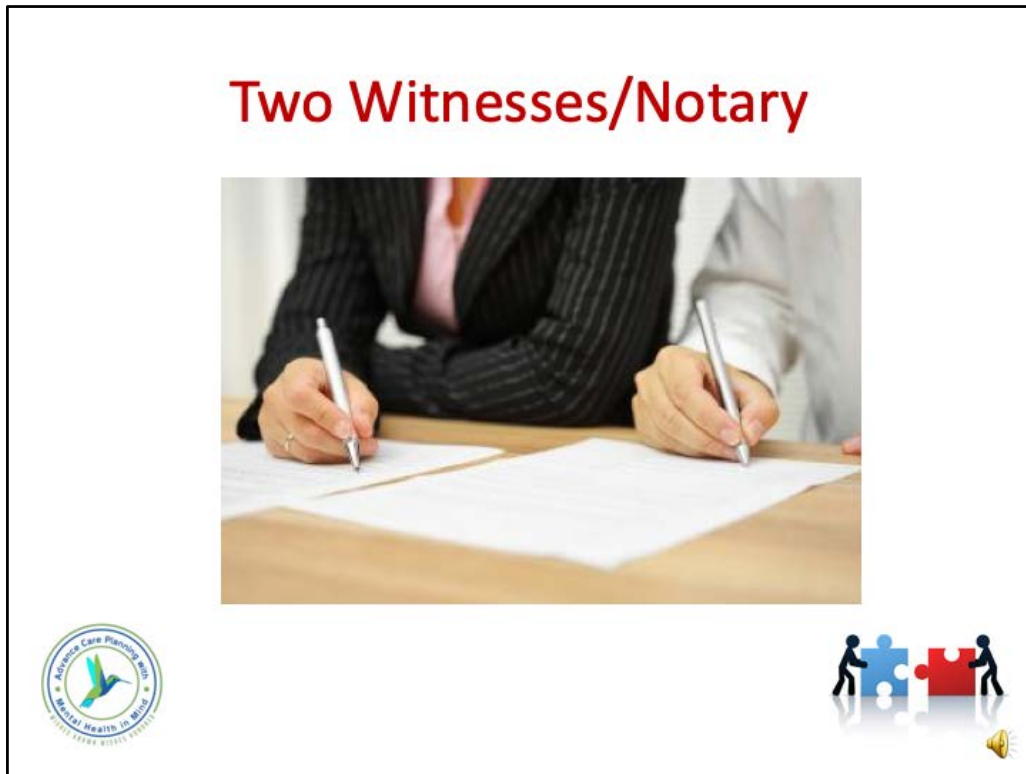
The mental health focus is what makes our documents unique among them all.



While there are many legally acceptable Advanced Care Directive documents that can be used...

“Making a Plan Thinking Ahead” workbook and documents specifically include a

Mental Health Supportive Care Plan which can be attached to the Advance Health Care Directive.



To make the individual's documents legally binding they will need to have them signed by two witnesses. This can be any person that does not have a conflict of interest

or

They can have the documents notarized which we can help with if that is the individual's choice.



The individual gets to choose with whom they will share their advanced care plan.

To ensure that the people who will be caring for them in a time of crisis know what care they want to receive.

The individual might consider giving a copy of their completed Advance Care Plan to:

- Their health care agent (and alternatives)
- Medical Providers
- Family
- Special friend
- (jail)



Having made an advanced care plan, chosen a health care agent and shared their plan with the people who will be in charge of their care in a crisis, they can relax knowing that they have a team that will advocate for **their** health care choices.

Contact Information

Advanced Care Planning with Mental Health In Mind

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Here is my contact information
if you would like to know more about
Advanced Care Planning
With mental health in mind.