



PLAN YOUR HEALTH CARE

**You have several options
to express your wishes about
health care in advance.**



YOUR ADVANCE MEDICAL DIRECTIVES (AMD)

- They let you choose now if you are unable to consent to health care later.
- They only apply in 3 irreversible medical situations.
- They let you accept or refuse in advance 5 specific treatments.
- When they apply, they take priority over a protection mandate or any other document about your health care.



YOUR PROTECTION MANDATE

- It lets you name a trustworthy person who will make decisions for you if you become incapacitated (a mandatary).
- It lets you give instructions about health care.
- If you are unable to consent to health care, your mandatary accepts or refuses treatment for you while respecting your wishes.



YOUR LIVING WILL

- It lets you state your preferences about end-of-life care.
- It helps guide the person who will make decisions for you if you are unable to consent to treatments.
- There are no special legal requirements about the document's form. It has the same value as a discussion with your loved ones.



YOUR DISCUSSIONS WITH YOUR LOVED ONES

- They indicate your thoughts and preferences about treatments.
- They guide the person who will make decisions for you if you are unable to consent to treatments.



YOUR DISCUSSIONS WITH YOUR DOCTOR

- They let the medical team know your preferences about treatments.
- Before giving you a treatment, the medical team still needs your consent or the consent of the person authorized to decide for you.



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This pamphlet was made possible with the financial support of the Government of Quebec through the program "Québec ami des aînés".

Important Notice

The law changes. This pamphlet is up to date to November 1st, 2022. The legal information in this pamphlet only applies in Quebec and is not legal advice. If you need advice on a specific situation, consult a notary or a lawyer.

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