



## My Advanced Care Plan

### DEFINITIONS

**Advance Health Directive or Living Will:** is a legal document in which a person specifies what actions should be taken for their health if they are no longer able to make decisions for themselves because of illness or incapacity.

**Allow natural death:** refers to decisions NOT to have any treatment or procedure that will delay the moment of death. It applies only when death is about to happen from natural causes.

**Cardiopulmonary resuscitation (CPR):** refers to medical procedures used to restart a patient's heart and breathing when the heart and/or lungs stop working unexpectedly. CPR can range from mouth-to-mouth breathing and pumping of the chest (chest compressions), to electric shocks (**defibrillation**) that restart the heart and machines that breathe for the individual. If someone suffers from severe illness, advanced old age or a terminal illness, the odds of a good outcome from CPR is extremely low. There are also risks from CPR. A frail person who has not been breathing for three minutes will have brain damage. There can also be rib fractures or punctured lungs from chest compressions.

**Comfort care:** are treatments to keep you comfortable (e.g. pain relievers, psychological support, physical care etc.) but not to keep you artificially alive or cure any illnesses.

**Intubation:** is a life-sustaining measure, where a breathing tube is put into your airway. The tube is then connected to a ventilator (machine) that will breathe for you.

**Medical therapy:** are medical treatments like intravenous fluids, antibiotics, medications etc.

**Power of Attorney for Personal Care:** is a legal document in which you give someone you trust the right to make decisions for you about your health care if something happens and you become mentally incapable of making these decisions.

**Surgical therapy:** involves having surgery for a health condition. This cannot be performed in Marathon.

**Therapy to support my breathing but not intubation or ventilation:** this refers to oxygen therapy that can be given by plastic tubing attached to your nose (nasal prongs) or by a breathing mask over my mouth and nose.

**Ventilation:** is having a breathing tube attached to a machine that helps people breathe when they cannot breathe on their own.

Resources: [Speakupontario.ca](http://Speakupontario.ca)

[Planwellguide.com](http://Planwellguide.com)