

## ***Appendix 7. Print Resources Available***

The following resources are available through the Central West Palliative Care Network (the Network) or as indicated below.

### **1. [The Health Care Consent and Advance Care Planning Ontario Workbook](#)**

A resource to help guide your advance care planning, including:

- a. Confirming your substitute decision maker(s) (SDMs), and
- b. Communicating your wishes, values and beliefs about care to help your SDM(s) make health and personal care decisions for you if you become mentally incapable of doing so for yourself.

### **2. [Health Care Consent and Advance Care Planning Videos, Posters, Post Cards, Bookmarks and Wallet Card](#)**

These educational materials are excellent resources to display in doctors' offices, hospitals, long-term care homes, health and social service agencies, community health centres, libraries and community centres. The four themes include:

- “Who will Speak for me if I Can’t Speak for Myself”?
- “Who is my SDM”?
- “I’m a Substitute Decision Maker- Now what”?
- “Consent and Capacity”

### **3. [SPEAK up Ontario Booklet:](#)**

Available on line and in print from the Network.

### **4. [Webinars for Health Care Professional](#)**

Various webinars to increase health care professionals' understanding of Health Care Consent/Advance Care Planning.

### **5. [Early identification post card](#)**

Available in print from the Network.