



# 5 steps to the perfect gift

You're critically injured or ill and can't communicate. Who will speak for you and make decisions about your care? This holiday season, take these five steps – and give your family and loved ones the gift of knowledge and peace of mind:

1. **THINK** about what's important to you
2. **LEARN** about different medical procedures and what they can or can't do
3. **DECIDE** on a substitute decision maker – someone who is willing and able to speak for you if you can't speak for yourself
4. **TALK** about your wishes with your loved ones
5. **RECORD** your substitute decision maker and communicate your wishes

*We have the tools you need to start these conversations.*  
Visit: [www.speakupontario.ca](http://www.speakupontario.ca)

