



You're critically ill or injured, and you can't communicate your wishes for care. And so your Substitute Decision Maker (SDM) has to make these decisions for you, during a time of great stress.

Advance Care Planning (ACP) conversations let you share your wishes with your Substitute Decision Maker and others so that everyone understands what matters to you, and they will have the confidence to make health care decisions for you. It's the perfect gift for your loved ones.

*Find out how to give the gift of knowledge.*  
Visit: [www.speakupontario.ca](http://www.speakupontario.ca)

**Speak Up**  
Start the conversation  
about end-of-life care