

## Have you made an Advance Directive?

If so, you need to make sure that you tell people who need to know about your Directive. Your Directive comes into effect when you are incapable of making your own health care or care decision. You may not be able to tell people about your Directive at that time. It's important to plan ahead.

## Here's what you should do after completing your Directive:

- Keep the original at home in a special place and tell people where it is. Make a note of where your Directive is and stick it on the outside of your refrigerator.
- Give a copy to your proxy.
- Give copies to other trusted family members and friends.
- Give a copy to your physician and other people who may be providing care to you.
- Take a copy to Whitehorse General Hospital and/or your local Health Centre.
- List the people you have given copies of your Directive to and keep this list with your Directive.
- Fill out this card and send it or deliver it to Insured Health Services.

## If you have an Advance Directive, please fill out the information below and return this card to:

Insured Health Services, H-2  
Box 2703, Whitehorse, Yukon Y1A 2C6 **OR**  
Deliver to Insured Health Services, 4<sup>th</sup> Floor,  
204 Lambert St., Whitehorse

Insured Health Services will enter the fact that you have a Directive in the health care registration system. Hospitals and health centres in the Yukon will have access to this information.

**YES** I have a valid Advance Directive that appoints a proxy to make future care decisions for me if I am incapable of making my own decision.

*(please print clearly)*

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Yukon Health Care Number:** \_\_\_\_\_

**Date Directive made:** \_\_\_\_\_

## What is an Advance Directive?

In the Yukon, you can appoint someone you trust to make health care and personal care decisions for you through an Advance Directive. In other places, these are sometimes called “living wills”. The person you appoint to make decisions for you when you become incapable of making your own decisions is called a proxy. You can also write down your wishes for future health care and personal care in a Directive.

## Who can make a Directive?

You must be at least 16 years of age and capable of understanding the nature and effect of your Directive when you sign it. That means that you understand what you have written and the consequences of your choices.

## How do I make my Directive?

The Yukon government has developed a sample form for you to use. This form, plus other information on Advance Directives can be found at [www.hss.gov.yk.ca](http://www.hss.gov.yk.ca). You don't need to use this form, as long as your Directive:

- names a proxy
- is in writing and is dated
- is signed by you and two witnesses at the same time
- is signed by the proxy or proxies

Generally speaking, you do not need a lawyer to fill out an Advance Directive unless you want to give your proxy special authority. This is explained in the booklet “Planning for Your Future Healthcare Choices”, also available at [www.hss.gov.yk.ca](http://www.hss.gov.yk.ca).

