

PLAN AHEAD:

PERSONAL DIRECTIVE NAVIGATOR PROGRAM

LEGAL INFOⁱ
NOVA SCOTIA

MAKE A PERSONAL DIRECTIVE

To help seniors and any Nova Scotian plan for their care when they cannot speak for themselves to express their care wishes.



Use the free online
Personal Directive app:
legalinfo.org/forms/personal-directive

WITH HELP BY TELEPHONE FROM
COMMUNITY NAVIGATORS

<https://navigator.legalinfo.org/>
or call 902-454-2198
or email nav@legalinfo.org

We have navigators ready to help!

Please spread the word about the program and encourage everyone you know to make a personal directive!

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Justice Canada

Canada

**Don't end up in hospital
without a voice.**



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PLAN AHEAD: MAKING A PERSONAL DIRECTIVE

WHAT IS A PERSONAL DIRECTIVE?

- A personal directive allows you to name one or more people (delegates) to make decisions about your personal care
- Sets out instructions, values, wishes and beliefs about personal care
- Does not include financial or property matters
- Does not include Medical Assistance in Dying



WHO CAN BE A DELEGATE?

- A delegate can be any person 19 years of age or older (unless they are your spouse) who is able to make important decisions
- If you name more than one delegate, you need to clearly give them authority for different matters

PERSONAL CARE DECISIONS

-  Nutrition
-  Spiritual beliefs
-  End-of-life care
-  Healthcare
-  Recreation
-  Where you live

WHY MAKE A PERSONAL DIRECTIVE?

- Greater control over future care
- Provides peace of mind for friends and family
- Easier for healthcare providers

WHEN SHOULD YOU MAKE A DIRECTIVE?

- Must be made while maker has capacity

CAPACITY

- Understand information needed to make personal care decisions
- Appreciate consequences of decisions

WHEN DOES IT TAKE EFFECT?

- A personal directive comes into effect when a maker loses capacity and can no longer make personal care decisions
- Capacity Assessment
- It ends if the maker regains capacity, if maker cancels it, maker dies or court orders it.
- Care providers will turn to a statutory decision-maker

STATUTORY DECISION-MAKER:

- Nearest willing relative or Public Trustee

