

PLAN AHEAD: MAKE A PERSONAL DIRECTIVE

Don't end up in hospital without a voice.

LEGAL INFO
NOVA SCOTIA

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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



Healthcare



Spiritual beliefs



Recreation



End-of-life care



Where you live

FREE ONLINE PERSONAL DIRECTIVE APP:
legalinfo.org/forms/personal-directive

**COMMUNITY NAVIGATORS ARE READY
TO HELP BY TELEPHONE**



<https://navigator.legalinfo.org/>

or ☎ 902-454-2198 or ✉ nav@legalinfo.org

BECOME A NAVIGATOR AND HELP OTHERS!

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

WHY MAKE A PERSONAL DIRECTIVE?

- Greater control over future care
- Easier for friends and family
- 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

Your personal directive tells the hospital
your healthcare wishes when you cannot.



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