

We hope the information provided was helpful in making an informed decision about your care. If more information is needed, or you have questions regarding the Goals of Care or a Health Care Directive, please feel free to speak to a Nurse, Resident Care Manager, Social Worker or Doctor.

We will have a discussion with you about these levels at the time of admission, at Care Conferences throughout your stay with us, and other times as needed.



**Our commitment...**

To provide Christ-centred care embracing the values of **compassion, dignity, excellence and faith.**

# Advanced Care Planning: **Goals of Care**

Information Brochure

Assisting you in making  
health care decisions



The purpose of this pamphlet is to assist you in making informed health care decisions.

At Salem Home we believe that each person is created in the image and likeness of God and thereby is equal in worth and dignity to all other persons.

We believe that each resident, who chooses to live in our care, should be cared for in a way that respects the worth and dignity of the human person.

A **Health Care Directive** allows you to express your wishes about the priorities for the treatment you want to receive should you become unable to speak or otherwise communicate this yourself.

A **Health Care Proxy** is someone you choose and name in your signed Health Care directive to act for you in the event you are not able to make such judgements and speak on your own behalf.

A **Health Care Representative** is similar to a Health Care Proxy in that they speak on your behalf, but you have not signed a document designating them as such.

The task of making health care decisions is not an easy one. There are many things that need to be considered such as the wishes of the individual, quality of life, other ailments or diseases, and religious or spiritual beliefs. Following are a few questions to consider when making health care decisions for.

### Questions to Consider

If you were to be diagnosed with an incurable disease would you want to be sent for tests and treatments to prolong your life, even though the condition cannot be reversed?

If your heart stopped beating, would you want an attempt to be made to start the heart again? Would you want to receive treatment such as dialysis, blood transfusions, or major surgeries?

There are three **Goals of Care**.

You will be asked to choose one of the following:

### Comfort Care

Focus is on quality of life, maximizing comfort and managing symptoms.

No CPR.

### Medical Care

Focus is on care and control of resident conditions.

Admission to hospital may be required in order to receive appropriate investigations and treatments.

No CPR.

### Resuscitation

Focus is on care and control of resident conditions.

Admission to hospital may be required in order to receive appropriate investigations and treatments.

Includes CPR which involves chest compressions, electrical shock to the chest, and/or mechanical ventilation for the purpose of restarting one's heart.