

Planning for your future care using myUHN Patient Portal



Advance Care Planning (ACP) is a process of thinking about and sharing what matters most to you. It helps direct the type of care you may want in the future if you cannot speak for yourself.

In Ontario, treatment decisions are made in the moment. If there ever comes a time when you cannot make treatment decisions for yourself, your health care providers will speak to someone who knows you well and can make decisions on your behalf.

This person is called your **substitute decision maker (SDM)**. You can also tell us who you prefer to speak on your behalf should there ever be a time when you cannot. It's important for your UHN providers to know who this person is, and about any Advance Care Planning you have done.

The myUHN Patient Portal has a **Plan Ahead** section where you can document your Advance Care Plan and name your preferred decision maker. This is one way to communicate with your health care providers about your goals and values, and helps to ensure your future care aligns to your hopes and wishes.

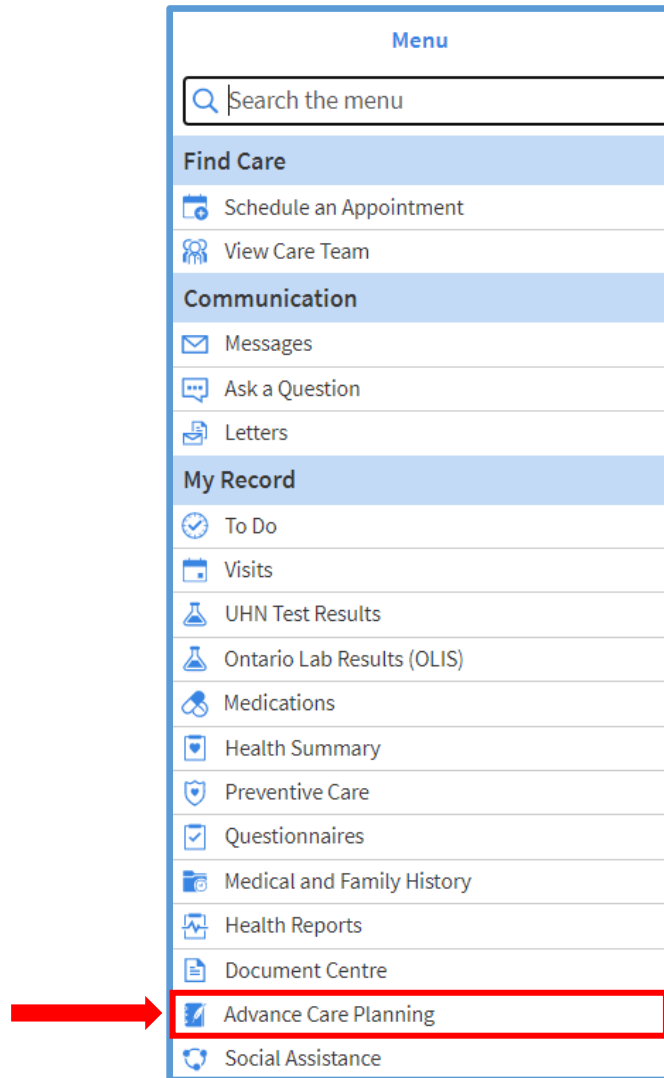
Completing ACP is not mandatory, but it helps your UHN health care providers prioritize care that is right for you.

We think it is important to hear your voice, even if that is not possible in the future.

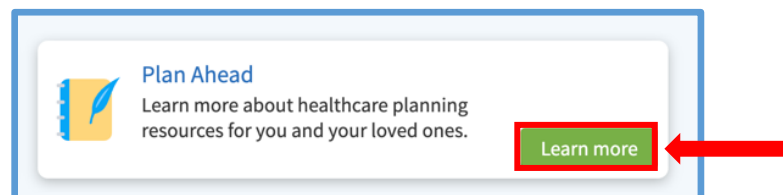
Getting Started

1. Review the [‘Talk with your health care team about the future’](#) guide with someone you trust (for example, family, caregiver, a friend).
2. Sign in to [myUHN](#). If you don't have a myUHN Patient Portal account yet, visit the [myUHN sign up](#) page.

3. Open the **Menu** and look for the **Advance Care Planning** link under the My Record section.



Or, you can find the **Plan Ahead** section from the Explore More area of your myUHN Welcome page.



4. In this section, you can:

- ✓ Add your preferred Substitute Decision Maker (SDM).
- ✓ Upload any planning documents you have, such as a [Power of Attorney for Personal Care](#) form or a [UHN Authorization Form](#). Before uploading your forms, review this tip sheet: [Uploading a SDM, POA and Executor of Estate documents to myUHN Patient Portal](#)
- ✓ Fill out the **For my care team** section to share your wishes and goals of care your with UHN health care providers.
- ✓ Browse the **Helpful Resources** section to learn more about how to prepare for your future care.

If you don't have all the information ready, use the **Finish Later** button to save and you can return to complete the section later.

Next Steps

At your next UHN visit, let a member of your care team know if you would like to review the Advance Care Plan you have added to your myUHN Patient Portal.

You may find it helpful to bring your '[Talk with your health care team about the future](#)' guide with you to review together.