

# Who would speak for you if you couldn't speak for yourself?

Life can be unpredictable. Your health circumstances can change quickly and without warning.



**Advance care planning** is thinking about your wishes for future health care, confirming your Substitute Decision Maker, and then talking with them so they can speak for you when you are mentally incapable to speak for yourself.

**Make your wishes known so that others can be there for you.  
Learn more:**

[speakupontario.ca](http://speakupontario.ca)