

**BABEL (Better Targeting, Better Outcomes for Frail Elderly) Advance Care Planning Intervention**  
**Pamphlet – Preparing Substitute Decision-Makers for Medical Emergencies**

This pamphlet was designed as part of the BABEL Advance Care Planning project for nursing homes. Meant to be printed out and freely distributed to clients, it briefly seeks to help prepare the resident's substitute decision-maker for what they will face when they are notified that their loved one is having such an emergency. The pamphlet has three panels, so it can easily be printed on one side of a piece of paper.

*Being prepared for  
when your  
LOVED ONE in the  
nursing home has a  
MEDICAL EMERGENCY*



Emergency situations happen, and your loved one may be too sick and unable to decide on treatment choices.

If this happens, the nursing home staff will phone the resident's Substitute Decision Maker.

Receiving this phone call can be stressful and worrying, but the staff will walk you through it.

They will explain:

- What happened
- What things could happen next
- Potential medical choices

You will be reminded about previous discussions of your loved one's goals and wishes for medical care at this point in life.

**You will be asked:**

*Based on your knowledge of your loved one's values, wishes, health, and quality of life, what would your loved one want (and not want) in this situation?*

If you receive such a call, you should:

- Write down notes
- Ask any questions

If there is time, you and others can come to the nursing home to talk with the staff in person, or speak to others for advice.

Remember, the final say on what treatments are used should come from *your understanding of what your loved one would wish for* in the current situation.



Advance Care Planning Project



Canadian  
Frailty  
Network

Réseau canadien  
des soins aux  
personnes fragilisées

Known previously as Technology Evaluation in the Elderly Network, TVEN

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