

What is a “living will”? Each province has different rules about how people can express their wishes for care if they are injured or too ill to make their own health care decisions. This is commonly called a living will. In Saskatchewan, to indicate your wishes you can sign an “Advanced Healthcare Directive” to name someone to make decisions for you (a “proxy”), and set out your healthcare directions. This can include whether you wish to be kept alive by technology, to donate your organs, or to be resuscitated if your heart stops. If you do not have a directive, healthcare professionals will take directions for your care from your nearest relative. We recommend having this spelled out in advance, rather than leaving urgent decisions to be made during a stressful time. In any event, you should make sure that your family knows your wishes.