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balance

... what it's all about

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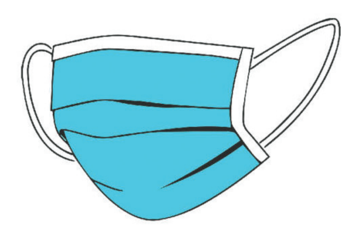

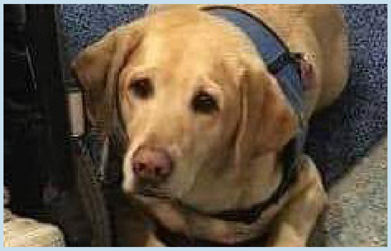

2020: A very different year

By Ruth Marzetti

2020 will be remembered as a year where the world truly moved online. The team at *Technology for Living* (TFL) continues to work hard to make sure 2020 will also be a year where our members will be able to say: *Technology for Living* stepped up to see everyone get the best support possible.

The world has become very small. We all have and had to take care of each other by practicing self-isolation to collectively help prevent the spread of the virus. Technology came to the rescue and bridged our lives and in particular one service, *Zoom*, has become a household staple.

Fighting the virus is ongoing and we continue to use the best prevention methods as advocated by leaders in health care. Rest assured, *Technology for Living* will follow guidelines to the letter while our services continues.

This issue of the Balance is the last one before our AGM takes place in September (see the ad on the last page of this issue). Members will also receive a mailout with the information.

The AGM is an example of how *Zoom* has become part of our work: to respect social distancing rules and keep everyone safe, we will be having our first online AGM.

Technology for Living is fortunate to have an in-house tech team. Ean Price and his team were first called upon to spring into action when Nancy Lear, Peer Support Facilitator, planned to host *Peers on Pages* (POP), a creative writing workshop series online, using *Zoom*. Little did anyone know that within months *Zoom* would be used for simply everything that involved communication between people. By the time the virus hit BC, *Technology for Living* was well practiced in 'zooming.' Of course, Ean and his team will be there to support members who wish to attend the AGM.

An added bonus: Ean is also this year's AGM guest speaker. He will be demonstrating home devices installed in his home by *Technology for Independent Living* (TIL). Funding for these devices is supported by the *BC Rehab Foundation*, and this is a good place to extend a big thank you to them for being such a generous and long-standing partner.

We are all proud of how we have been able to adjust to the huge obstacles put into our way by the pandemic. But, sadly, we had to cancel this year's 50th anniversary celebration of TIL. If all goes as planned, we very much look forward to an in-person celebration next year to make it **'50 plus One'**!

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TFL Projects 2020

Technology for Independent Living (TIL) has started to host an online chat show, discussing technology relevant and of interest to members. The first show proved to be a resounding success thanks to the passionate, highly knowledgable hosts Wayne Pogue and Ean Price who explained and discussed all topics with a humorous and inspired spark. If there are any particular topics members would like to see discussed by Wayne & Ean, send a message to til@technologyforliving.org. And don't forget to check out our website and social media channels for the next dates of this exciting new project brought to you by *Technology for Living*.

Mask wearing is highly recommended in places where social distancing is challenging. You may wonder if mask-wearing decreases oxygen delivery in our body? This is a reasonable question because mask-wearing can feel unnatural. In this picture, you can see Wendy Crawford, a Registered Nurse, and a member of the PROP team. Wendy is using an oximeter to demonstrate that wearing a mask does not negatively effect oxygen levels. For most adults, oxygen saturations of over 92% is expected. If mask-wearing is uncomfortable, slow down and take three deep breaths. Together we can do our part to fight Covid-19!

Our first writing workshop series *Peers on Pages* (POP) has come to an end. Nancy Lear (r) and Jackie Haywood (l) were leading this workshop in a skilful and engaging fashion using *Zoom* technology before *Zoom* became the go-to-tool for life in times of Covid-19. The aspiring writers who participated were able to take their writings to the next level while at the same time enjoying the camaraderie and support offered by this innovative and fun endeavour. If anyone is interested to join us for a second series in the future let us know by sending an email to info@technologyforliving.org.

BITS & BYTES FROM TIL

GOOGLE NEST HUB

Alongside the Google Nest Mini, TIL is now offering the Google Nest Hub, depending on members' situations and needs. The Nest Hub is a bit like a Nest Mini but with a built-in display. This adds visual feedback on top of the audio feedback. For example, if you ask the device about the weather, the Nest Hub will return the information via audio and display the data on its screen.

One scenario in which the Nest Hub is very practical for our members is when using the Nest Hello Doorbell. Instantly, the Nest Hub displays a live video feed of the front door area. The user is able to see who is at the door before opening it with their TIL door opener.

CONTACT US!

We are always happy to discuss any member's needs. Simply phone us at

☎ 604.326.0175

or send an email to

TIL@technologyforliving.org

TIPS & TRICKS

GOOGLE HOME SPEAKER GROUP

Love listening to music or radio, and have multiple Google Nest *devices? Create groups of* Nest *speakers to play your music throughout your home!*

To create a Google Home Speaker Group*, open the* Google Home *app, tap the "+" sign in the top left corner, select "Create Speaker Group". Then, follow the app instructions to create a* Google Home Speaker Group*!*

TIL evolving with help from members' feedback

By Wayne Pogue

At *Technology for Independent Living* (TIL), member engagement is a driving force for our team. We love hearing from our members. It is of utmost importance for us to hear how TIL is impacting their lives. Appreciative feedback often relates to services provided that help increase independence. We are thrilled when we receive these types of comments: that's why we love doing what we do!

Occasionally the responses are accompanied by the question: "What else can you do for me?" or "I wonder if you could..." These are the moments when we really focus in on members needs and try to come up with unique solutions. These in turn may inspire whole new initiatives.

A couple of these have been brewing in the last little while and will soon be coming to fruition: we will be offering more TIL online education and we will engage in more individualized projects.

TIL online education

WE Talk Tech is an upcoming video chat show about technology used in the TIL and PROP (*Provincial Respiratory Outreach Program*) programs. "**WE**" are **W**ayne Pogue, TIL's team lead, and **E**an Price, *Technology for Living's* (TFL) Innovation Strategist. The videos will be brief, informative discussions between Wayne and Ean. They will include descriptions of what certain technology does and how it can benefit our members. Occasionally the team will host guests, like other TIL technicians and biomeds, respiratory therapists from *Technology for Living's* (TFL) PROP program, TFL members or other community professionals. If you have ideas for a technological discussion topic of interest, send it to: til@technologyforliving.org.

"The Yes Project"

This forthcoming initiative is designed to allow TIL to take on more individualized projects. We call this *The Yes Project*.

With recent changes to the TIL program, our biomedical engineering team will have more time to focus on individualized projects. Members can submit project ideas either by talking to a TIL team member or through an online form. We will review all submissions quarterly, and determine which projects to move forward with based on time and funding. Any submission not selected immediately will be reconsidered during the following quarterly review or offered as a project to the student teams participating in our *Simon Cox Student Design Competition*.

As we move forward with *WE Talk Tech* and *The Yes Project*, keep an eye out for updates through our social media channels and our website.

And, as always:
keep the feedback coming!

PROP:Covid-19 update

by Esther Khor

As we reach the end of our beautiful summer, extraordinary times continue. For many of our PROP members with respiratory conditions, staying healthy is ever so important. For any individual requiring nightly to 24 hours of ventilation, being able to breathe comfortably was already a vital part of their lives before the Covid-19 pandemic entered the picture.

Many of our PROP members were better prepared than many people. They already had experience with social distancing to help keep chest infections at bay. PROP members routinely email the PROP office at prop@technologyforliving.org to keep their respiratory supplies at optimal levels and phone the office for help with adjusting ventilation settings, so home visits are not always required. This previously acquired knowledge prepared them well for being resilient and living independently at home. Our members are indeed experts in how to ride out this pandemic.

I do want to share a few things that the PROP team is doing on our end to keep you safe:

- If you require a home visit, the PROP team will wear appropriate **p**ersonal **p**rotective **e**quipment (PPE). We are doing this to keep the community transmission of Covid-19 to a minimum.
- We will continue to wear PPE not only throughout the summer but as long as is necessary to keep you safe.

The new normal

If you live in a household where different caregivers are part of your support network, it is important that **everyone wears a face mask** when assisting you. It is not necessary that these are surgical grade masks. Cotton masks are an excellent alternative. Mask wearing is a sensible precaution as it is challenging to detect who is symptomatic with Covid-19.

Apart from home visits, the PROP team is using *Zoom* for virtual ‘face-to-face’ discussions to answer members’ respiratory questions. We encourage you to invite family members and/or caregivers to these *Zoom* meetings, as we may need to hear from everyone to get the full picture of your respiratory care needs. During these *Zoom* sessions, we can review and analyse your settings, plan for emergencies and check if you are ordering enough supplies to last for 2-3 months.

If you are unfamiliar using *Zoom* technology, we can connect you with technicians from our *Technology for Independent* (TIL) program who can assist you with the set up. As more and more health and community services are utilizing online communications tools like *Zoom*, familiarizing yourself with these new methods of communication will help you feel more connected. I want to assure you that during this Covid-19 pandemic and beyond, the PROP team is committed to you for the long haul. Together we will overcome any challenges.

It can be hard to identify us in our PPE, but our website, www.technologyforliving.org, lists full details of all team members.

INHALE / EXHALE

RESEARCH RECRUITMENT OPPORTUNITIES

Are you between the ages of 16-40 and using a ventilator? Let me introduce you to Elizabeth Straus who is conducting a research study of the experiences of People Living with Home Mechanical Ventilation. Elizabeth is a PhD student at the University of British Columbia and would love to connect with you.

You may be asked to discuss your everyday life and share photos of things important or distressing to you. The purpose is to understand what ‘well-being’ means to you. If interested, contact Elizabeth at Elizabeth.straus@alumni.ubc.ca.

CONTACT US!

If you need respiratory advice or support please contact the PROP team at
☎ 1.866.326.1245
or send an email to
✉ PROP@technologyforliving.org

IDEA CORNER

Finding the right mask is cumbersome, involving much trial and error. PROP is looking to make this process easier. This September, we are looking to trial a 3D scanning software from Philips Respironics to find ***your*** *perfect mask. The scan will require a home visit, a tablet and a camera. Do contact Esther: prop@technologyforliving.org for details!*

Omar's got you COVERED!

By Omar Al-Azawi

How often have I heard these expressions: "Don't worry", "Keep going", or "Be happy". I appreciate that people saying these things are coming from a good place and want to support me. But let me tell you: it's easier said than done.

If you have read any of my previous pieces in the *Balance*, you know I am a guy who is all about "doing". And also "sharing". So here I am, trying to explain to all my readers, how I personally have managed and continue to manage, more or less successfully, to develop some sort of process for wrestling with doubts and concerns, on my path to finding happiness. Well, let me dial this down a little bit: striving to live with a positive mindset.

If you are interested in following me along this path of some kind of self-discovery, keep on reading. This is not going to be one of those shiny, "motivational" stories you may have come across in other places. But then you shouldn't really expect that from me. I invite you to follow me from my darkest times to coming out on the other side. Come along on my journey to positivity. And remember: Omar's got you covered.

"Omar, why and how can you still be so optimistic?"

I was 19 when the world I knew up to then came shattering to a full stop. I had been a body builder for 18 years of that life, I was super sporty, pumped about a life which was simply awesome. And then, wham: a devastating accident turned me into a quadriplegic. My life, or let me rephrase, *part 1* of my life was done in an instant of divine, cruel proportions.

Let me guess what you think when you read this: "Damn, that is so unbearably screwed up." How do I know that you were thinking that? I thought the same. I was buried under an unbearable mountain of incomprehensible disappointment. I was so deeply devastated. I believed that I was living the last days of my life. Any dreams I had for the future before the accident had sunk to the bottom of the deepest well labelled "no hope". For a while I found myself unable to break out of this crazy loop of what I should have done differently in the past. I kept wasting my time and energy on what I know now was a very unproductive mindset. You understand, nobody can change the past, right? But the reality is: you can decide to pick yourself up and teach yourself to leave the past alone and look ahead to the future. That's what I did.

So, when someone asks me "why and how can you still be so optimistic'?" I don't think it's a weird question. Because I remember those first days after my accident and how I felt then. I assume the folks asking that question are there, at that point in time.

Embracing challenges

Newsflash: I didn't die. Days, then weeks, passed. I was still there. I was still me. I had gone from despair to denial to acceptance. I got there because over-coming extreme challenges has always been part of me. Bodybuilding is full of extreme challenges. I looked at my new situation, mentally pushed myself to accept it for what it was and began to adapt. Of course, there are as many ways to start shifting your mind as there are people.

I pushed myself to start saying "yes" to every opportunity or suggestion that came my way (a bit like Jim Carrey in the 80s movie "Yes Man"). Instead of being negative and unproductive, I decided to focus on creating new goals. Big or small, that's not the point. Looking into the future and towards new challenges is how my mental recovery and *part 2* of my life began.

For me, education was something to get my teeth into. I started by looking into some of the program requirements of nearby schools, with the fullest intention to study part-time. My enthusiasm went into overdrive and I ended up applying to full-time graphic design programs in two different schools. And holy moly, I got accepted to both! Guess what: I ended up going to both schools at the same time because that's the kind of challenge I thrive on!

Don't get me wrong, Dr. Omar isn't prescribing education as a cure-all for the situation you find yourself in. Everyone needs to find their own path forward. Take your time, enjoy the process while looking for your goals and challenges. That journey can actually provide you with a wealth of positive energy to draw on when you are embarking on the next chapter of your life. For me, it was an awesome, inspiring and mentally healing process.

The"other" people

Oh boy! I can't stress enough how much nobody cares what you think or look like except your loved ones!

Imagine there's a naked person walking down the road. How much time do you think people will spend looking, judging, and thinking about this person? 2, 3 or even 5 minutes? Maybe. And then everybody goes back on their merry way. Relax ☺. I don't want you to wheel down the street naked. I am just trying to point out that no matter how you look or come across, the overall public does not have a large enough attention span to spend thinking about you, negative or positive. So why should you waste any of your brain power on what people are thinking at all?

I try to apply this principal to social media as well. Do I always succeed? Nope. Like many people I do spend too much time trying to impress others and seeking validation online. But I do realize it's wasted time. To balance these kinds of toxic behaviors, every night before I go to sleep, I reflect on them and try to decide if there are pieces I can exclude the next day. I believe this will help me, slowly, to eventually discard useless behaviours and thoughts, until one day I am not even going to remember they were ever a part of my life.

Looking at the 'Big Picture'

Here is a true story for you. One quiet romantic fall day, I was hanging out at a cozy coffee shop. I couldn't help but notice a beautiful woman reading a book at the next table over. I started chatting (well ok, some may call it flirting) with her. At some point, she suddenly asked me: "Why are you in a wheelchair? Do you really need it?" I was dumb-struck for a second. Then I asked her with a smile on my face: "Are you serious?" She said: "I am. You look so happy and positive, having so much fun, even sitting in this power-wheelchair."

Some folks might find her comment insensitive. But I didn't take it like that. On that day I realized how far I had come after my accident. Despite being a quadriplegic, fully paralyzed from the neck down, I continue to fully participate in this strange, beautiful life! And a lovely woman saw that in me on that day. What an awesome day it was!

From time to time, I step back and remind myself: the way I feel today didn't come from out of nowhere. My dark days right after the accident taught me very rough, yet valuable, lessons. Those days laid the foundation for my present and my future. Why not challenge yourself to go further than you think possible? There is really nothing to lose. Here is a good one to remember: the best thing about being at the 'bottom' is the only way to go from there is 'up.' And that's where I am now.

Possibilities

Let me give it to you straight: sometimes along my way 'up' I felt utterly exhausted, deadly tired and excruciatingly sad. And then the next morning came. With every new morning there's *something* always pushing me for more! I wake up filled with energy and excitement facing the endless possibilities of unknown opportunities that I will encounter during the new day: faces of new people that I might meet, new things that I can learn, the worry I might miss out on potential new opportunities. All of this serves to refill my cup of curiosity every day.

What's next? I want more! I cannot be bothered to sit still and pity myself while there are these endless possibilities lined up for me, ready to be grabbed. You and I decide which journey to take. Let's make it a great one.

It's an 'Assistance Dog's World'

Many people recognize the benefits of living with pets and, certainly, with assistance dogs but even an untrained dog can bring joy to a person. Some research shows that living with pets can lower blood pressure and increase wellness.

Nicole Whitford is a *Pacific Assistance Dogs Society (PADS)* client. She got her first dog, Leroy, 15 years ago. "I felt like a dog would really help me in my daily life, physically, socially and emotionally. I was living at home, and I wasn't sure what I wanted to achieve. With Leroy I ended up moving out on my own, getting a job, and graduating from college. I moved forward. The physical tasks, like picking things up, opening and closing doors, I could do by myself and not feel limited." Nicole has since become part of the PADS community as a volunteer, living now with a different assistance dog, Walker.

Nicole Whitford and her assistance dog Walker.

"It has changed my life. Physically I'm able to do more on my own versus relying on people to help me out. My self-confidence has improved. I don't know if I would have moved out on my own without having my first dog. To know that you're not alone. I'm a completely different person than I was before I got my first dog. I've graduated. I've been employed. I'm self-sufficient. The type of things everybody wants. I think it's up to you to change your life, but I think the dog bridges the gap to make a change in your life easier."

She continues: "I went to Kwantlen for a BA in Archeology and Anthropology. A person with a disability had never done that before so it was a learning experience for everybody. It helped me to collaborate and work cohesively with others."

Currently she is collaborating on a project with an Emily Carr student, designing straps to attach to her jacket so Walker can assist her to get in and out of it without damaging the clothing.

About four years ago Nicole had a fall in her bathroom. Walker was able to bring a phone to Nicole so she could phone 911. To Nicole, Walker is a hero, a companion and an icebreaker, but Walker is there for a *purpose*, working *for* Nicole. Together they went through an intensive two-week team training that prepared her for working with a dog and taking care of a it.

Tara Doherty, communications manager for PADS believes: "Our biggest successes are our client teams. People like Nicole, whose dogs increase their independence and enhance their quality of life. The partnership and the bond that exists between them is something we are proud of. We are accredited with *Assistance Dogs International*, the worldwide gold standard for assistance dog schools. We were the first school in Canada to receive their accreditation. Everything we do, how we raise our puppies, how we teach our clients to work with the dogs, our follow-up, how we deal with challenges, all those things are being looked at under a microscope to make sure we have good, respectful, healthy processes in place.

PADS is small but mighty. We have been around for 33 years and every member of our management team is involved in giving back by mentoring with Assistance Dogs International and helping build new schools. We are part of an international global community of schools. We are really proud of our community, staff, donors, volunteers, or clients… We hear a lot that people come to PADS because of the dogs and stay because of the people. I see how new clients are embraced and supported as they get their dogs. It is a process getting to know each other and learning to work together. It is very cool to see the cheerleading squad they have."

Wait periods for people who apply are long. PADS has recently changed its application process. Anybody can file an "expression of interest" via their website (www.pads.ca/apply). Potential clients fill out a form in which they are guided through some questions. Most importantly they are asked to provide PADS with criteria for what they are looking for in a dog.

Tara acknowledges: "The wait list can be exceptionally long and we have no illusions that we are going to be able to give dogs to everyone on that list. But what that process does is it helps us to determine whether PADS can even help them with their needs."

If PADS determines they are not the right fit, they will refer applicants to industry partners. She continues: "After someone is on the expression of interest list, we will send them a full application package to complete once we feel it's likely we'll have a match within six months. Once they complete the application package, they come in and have an interview with our staff so we can get to know them better.

> **We've had people submit that expression of interest application, apply a couple of weeks later, get their dog 3 months after that, simply because the right match for them wasn't right for the people that had been waiting longer. On average it is currently a 2-3-year wait."**

The dogs are purpose bred for the work and go through two years plus of professional training. Prior to going to a client, they go through special testing. They have comprehensive health clearances. After a potential match has been found, the client and dog go through more training and testing *together* to ensure that the dog performs as trained. At the 45-day mark after placement, the dogs go through another test for full certification as an assistance dog.

PADS

The many checkmarks and certification processes along the way are primarily in place to ensure that the dog is indeed increasing the person's independence, performing intricate skills as opposed to just being a sweet, fluffy companion. Wherever the client goes the dog goes with them, so an exceptional standard of behavior is required.

Not all dogs that enter the training make the cut. On average, fifty percent of dogs don't complete the program. The dogs that don't make it are still wonderful dogs and PADS created a separate program called VIP (Very Important Pet) for them. Since qualified service dogs are only placed with adults, the VIP's usually go to children in wheelchairs as friendly, furry companion and a social icebreaker.

When assistance dogs retire, clients sometimes keep them or a family member or friend takes the dog on. Some people need help finding a retirement placement. Whatever the situation, PADS ensures every dog finds a good place for those retirement years.

PADS is gearing up for capital campaign, looking to build their own facility and always eager to partner with other organisations. There is a lot of synergy between Technology for Independent Living (TIL) and PADS: for example assistance dogs are trained to hit buttons. In effect, assistance dogs *use* technology that TIL *installs*: an invaluable partnership simplifying the lives of the people using both PADS and TIL.

PADS welcomes new partners (individuals or business partners) to help with the work. Businesses can sponsor a litter of puppies or individual puppies to help them through training. It costs about $35,000 to train one dog. PADS also has a very active volunteer base of over 300 people, who together contribute 24 hours a day, 365 days a year. Donations are always appreciated: visit www.pads.ca/give.

Personal & Advance Care Planning: Encouraging Self-Determination

By Ken M. Kramer, QC | Principal & Senior Associate Counsel

What is Personal & Advance Care Planning?

The COVID-19 crisis has caused significant uncertainty and fear throughout the world. Life has changed dramatically over the past several months and many of us are unsure of what this means for the future. However, as we adjust and manage this new reality of self-isolation, other important questions have arisen. How will we manage personal and healthcare decision-making? Specifically, who will communicate our health-care wishes and/or make decisions about specific medical treatments if we or someone we love loses the ability and/or capacity to make those decisions? For members of the disability community, these issues are even more relevant given our greater reliance on the healthcare system. We are also at much greater risk of being impacted by the coronavirus.

Personal & Advance Care Planning is a process of reflection and communication. It is a time for each of us to consider our values and wishes, and to inform others of what kind of health and personal care we would want today and in the future if we were unable to speak for ourselves. Unfortunately, many of us have not prepared for the management of our healthcare. Few people living with a disability have had a discussion with a family member or friend about what healthcare treatments we would or would not want if we were ill and unable to communicate and make decisions.

The pandemic has made it clear that we must carefully consider and document our wishes and/or instructions for present or future healthcare and personal planning should we become incapable of deciding for ourselves.

Developing a Personal & Advance Care Plan

In British Columbia, adults are presumed capable of making decisions about their personal planning and healthcare until the contrary is demonstrated. The contrary is "demonstrated" through medical evidence establishing that an adult is incapable due to, for example, dementia or acute or chronic illness. As long as an adult is capable, only that person is entitled to make health care decisions. Their informed consent to treatment must be sought and obtained by care providers.

Ideally, an advance care plan should be developed well before capacity becomes an issue. A well-designed plan will also provide a summary of the kinds of health care and treatment you do or don't want to have if something should happen to you and you can't make health care decisions for yourself. Therefore, it is important to carefully consider what is important to you, and how you want health-care decisions to be made for you.

The advance care plan should also communicate and outline to your family, friends, and healthcare providers, what to do if you're unable to decide what you want. It must clearly outline your wishes which will hopefully reduce the risk of conflict amongst your loved ones and assist them in making difficult decisions should this be required.

The advance care plan will also allow you to appoint an individual/individuals (such as a family member and/or a friend or friends) to make health care decisions for you if you are unable to make them for yourself, commonly called a "substitute decision-maker", or a "health care representative". However, as long as you can still make your own decisions, your advance care plan won't be used and you will always have the ability to say "yes" or "no" to healthcare treatment at any time.

Finally, once the above have been clarified, it is vital that the advance care plan be written or documented to give legal effect to your wishes. The two primary legal documents utilized in British Columbia in giving effect to a personal or advance care plan are a *Representation Agreement* and an *Enduring Power of Attorney*.

These two legal documents allow individuals to plan for the possibility of future incapability by appointing another person, persons, and/or an entity to manage their personal and health care needs and financial matters in the event they are not able to do so on their own.

Representation Agreements

A *Representation Agreement* is one of the primary legal documents available in British Columbia for personal and advanced care planning. It is a legally enforceable contract and utilized to manage incapacity, end-of-life decision-making, and other supportive decision-making for those who are 19 years of age or older. It is the only way to authorize someone, called a Representative, to assist you or to act on your behalf for healthcare and personal care matters.

A Representative has legal authority to help you manage your affairs and carry out your wishes if you require temporary or ongoing assistance due to illness, injury or disability. The Representative has a responsibility to put your interests before their own, and must act honestly and in good faith, exercise reasonable care, and act within the limits of the authority given to him/her/them. If possible, the Representative must consult with the adult about their wishes and must respect the adult's wishes, unless it is unreasonable to do so. The Representative must act based on the adult's known values and beliefs, and in the adult's best interests, if those beliefs are not known. Finally, a lawyer or notary is not required to develop and execute a Representation Agreement but you will require two independent witnesses.

There are two types of Representation Agreements, a Section 9 Representation Agreement ("RA9"), and a Section 7 Representation Agreement ("RA7"), the primary distinction being based on an assessment of the mental capacity of the adult at the time of creating the agreement.

(1) Section 9 Representation Agreements

- The RA9 allows you to appoint someone to assist you with a broad range of advanced healthcare decisions. It is only available where an adult is mentally capable of understanding the nature of what is covered in the RA9 and can fully comprehend the effect of authorizing someone to act on his/her behalf for health and personal care. It also permits an adult who is capable *now* of making their own decisions to prepare for the future and to outline their wishes regarding incapacity, end-of-life, and other future situations.

(2) Section 7 Representation Agreements

- The RA7 or Standard Representation Agreement is utilized where an adult's mental capability to understand is in question (for example, after a stroke) and is limited to routine finances as well as minor and major healthcare and personal care. Representatives under the RA7 cannot make, or help you make, decisions to refuse healthcare necessary to preserve life or to determine where you should live if you require more significant care.

Enduring Powers of Attorney

An Enduring Power of Attorney (EPA) is a legal document used for financial and legal planning in British Columbia. An adult may name an Attorney to make decisions on the adult's behalf in relation to his/her financial and legal affairs if you require assistance due to illness, injury, and disability. Much like the RA9, you must be mentally capable of understanding the nature of what is covered in the EPA and comprehend fully the effect of authorizing someone to act on your behalf for financial and legal decisions.

The EPA is commonly combined with an RA9 which manages comprehensive health and personal care.

FAILURE TO DEVELOP AN ADVANCE CARE PLAN

Temporary Substitute Decision Makers ("TSDM's")

What is the result if an adult has not made a Representation Agreement or Enduring Power of Attorney? In these circumstances, legislation may apply to appoint a substitute decision-maker. The *Health Care (Consent) and Care Facility (Admission) Act ("HCCF Act")*, permits a health care provider to turn to a temporary substitute decision maker ("TSDM") where there is no advance care plan in place. In order of priority, this will be the adult's spouse, child, parent, brother or sister, grandparent, grandchild, any other relative, close friend, or person related to the adult by marriage. This person must be over 19, have been in contact with the adult during the preceding 12 months, have no dispute with the adult, be capable of consenting, and be willing to comply with certain similar requirements to those imposed on a representative.

It is not always clear who should be selected. For example, multiple adult children would have an equal right to be selected. Additionally, it may not be clear whether the proposed person has a "dispute" with the adult and it is not certain which criteria a health care provider will apply to choose the TSDM.

If you or anyone disagrees with a decision that is being made for the adult by the substitute decision maker, you may have the right to ask a court to review that decision. The first step is usually to give notice of your objection to the decision maker, to the health care provider and to the Public Guardian and Trustee ("PGT").

The *Adult Guardianship Act* also authorizes designated agencies, such as health authorities, to provide health care to an adult in cases of emergency and in situations of abuse or neglect where the adult requires support and assistance. In certain circumstances, the manager of a care facility may admit an adult to an institution without the adult's consent under the *HCCF Act*.

Private Committeeship

Private Committeeship is a method of protecting the interests of a dependent adult (the "Patient") who is incapable of managing his or her affairs where no personal and advance care plan is in place. The *Patients Property Act,* legislates how a committee is appointed and how the personnel, financial and legal affairs of the Patient is managed. A committeeship appointment requires the court to declare that the Patient is incapable of managing their affairs, their selves or both their affairs and their selves. It is a relatively expensive court application and requires medical evidence of typically two physicians declaring that the Adult is incapable of managing their person and/or affairs.

Conclusions

The best way to avoid the uncertainty associated with the appointment of a TSDM or Private Committee and to ensure that your wishes regarding your healthcare and financial affairs are respected, is to develop a **Representation Agreement and Enduring Power of Attorney**, to appoint someone you trust to make or help you make decisions.

There is no better time than today to have discussions with family, friends, prospective decision-makers, health-care providers, and financial and/or legal professions about your wishes.

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Technology for Independent Living (TIL) Program is turning 50. For our 40th anniversary, the team put together a time capsule.

What's inside?

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AGM

THIS IS AN ONLINE VIRTUAL EVENT!

Thursday ▪ SEP 10

4.00- 5.00PM

☎ **604.326.0175 for more info**

Members are required to register and RSVP:

agm@technologyforliving.org

Further details will be sent to members in the post.