



# Advanced Chronic Kidney Disease:

*Making decisions about your care*



When you have advanced chronic kidney disease (CKD), discussing what you want for your care now and in the future can help your healthcare providers and family understand what is important to you.

## Goals of Care

### *A conversation about your current care*

It is important that you and your healthcare providers have open and honest conversations about your current care when you have a serious illness.

You and your healthcare providers (e.g., nephrologist [kidney doctor], nurse, social worker, family doctor) should talk about:

- The nature of your illness, and
- The values and the goals you have for your care.

You can set any goals you want based on what is important to you. It might be keeping up with your social life, going to an important family event, or staying independent for as long as possible.

The goals you share with your healthcare providers will be used to help you make decisions and provide consent (permission) for treatment. Your Substitute Decision Maker should also know your goals.

Talk about your goals often, especially if anything about your health changes. You can change your goals at any time. If you would like a copy of your Goals of Care, please talk to your healthcare providers.



## Advance Care Planning

*A conversation about your future care*

Advance Care Planning is not about decisions. It is about preparing you, and your future substitute decision maker(s), for a time when you may not be able to make your own health or personal care decisions because of your lack of mental capacity. At that time, your future Substitute Decision Maker would step in to give or refuse consent (permission) for treatment.

It involves confirming your **Substitute Decision Maker** and discussing your wishes, values, and beliefs with them.

This helps prepare your Substitute Decision Maker to make future care decisions for you if you do not have the **capacity** (ability) to do so yourself.

For more information, see the *Advance Care Planning, Goals of Care, and Treatment Decisions & Informed Consent: Frequently Asked Questions* resource.



*"I think that every patient needs to have these conversations...then maybe families would feel better and not force their loved ones to continue with treatment that they do not want to do." - Anne O.*

**Need this information in an accessible format?**

1-855-460-2647, TTY (416) 217-1815 [publicaffairs@cancercare.on.ca](mailto:publicaffairs@cancercare.on.ca).



## Treatment Decisions and Informed Consent

*A conversation about your current treatment*

In Ontario, anytime a healthcare provider offers you treatment, you or your Substitute Decision Maker must give **informed consent** (permission) for that treatment.

To get your informed consent (permission), healthcare providers must give you information about:

- What is involved in the treatment;
- Expected benefits, risks, and side effects;
- Any different treatment options; and
- What may happen if you refuse the treatment.

Your healthcare providers will then help you to make the treatment decisions based on your wishes and Goals of Care. This process is key to providing person-centred care.

Your treatment decisions are used to create a **Plan of Treatment**. Not everyone will want or need the same type of treatment. You will decide with your healthcare providers what is right for you.

If you have questions about your treatment, or would like a copy of your Plan of Treatment, please talk to your healthcare providers. It is important that you understand every part of your treatment.

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