

IT'S YOUR LIFE. IT'S YOUR CHOICE.



QUEBEC

Advance Medical Directive

A.NOTES

A1 “Advance Medical Directive” = Advance Directive

A2 “Mandatory” = Substitute Decision-Maker

A3 In Quebec, there is a specific form (the “Form”) prescribed by the Minister of Health to complete an Advance Medical Directive.

A4 To complete the Form, you must:

- Be **18** years of age or older
- Understand your health condition
- Be able to make decisions
- Be able to communicate your wishes

A5 Request the Form

- **By telephone** from the provincial health insurer Régie de l’assurance maladie du Québec (RAMQ). The RAMQ will send you the form in the mail:
 - Montreal: **514-864-3411**
 - Elsewhere in Quebec: **1-800-561-9749** (Toll Free)
- **Online** using the RAMQ website: www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form.aspx

A6 Complete the Form by initialing each page and signing and dating the Form.

A7 If you cannot complete and sign the Form yourself, someone else can sign it for you. This must be done in your presence.

A8 The Form must be witnessed by **TWO** witnesses.

A9 The witnesses must:

- Be **18** years of age or older
- Sign the Form in your presence



A10 Make your Form accessible:

- **Option 1 (REQUIRED):** Mail it back to the RAMQ. It will be filed in the Advance Medical Directives Register and they will send you a confirmation of registration by mail:
 - Régie de l'assurance maladie du Québec
Case postale 16000
Québec (Québec) G1K 9A2
- **Option 2 (Recommended):** Give it to your physician or to a health professional. It will be filed in your medical record.
- **Option 3 (Recommended):** Give it to someone close to you to give it to a health professional if you become incapable of consenting to care.

A11 The Curateur public du Québec also provides a form to appoint (choose) a

Mandatory/Mandataries. Download the instructions and form at:

cdn-contenu.quebec.ca/cdn-contenu/curateur-public/pdf/form_broc_mandat_en.pdf

A12 Ensure that your Mandatory/Mandataries have a copy of your Form as they will need to have it activated by the courts if you become incapable.

