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

DYING WITH DIGNITY CANADA

QUEBEC

Advance Medical Directive

A. NOTES

A1 **"Advance Medical Directive" = Advance Directive**

A2 **"Mandatary" = 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 Mandatary/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 Mandatary/Mandataries have a copy of your Form as they will need to have it activated by the courts if you become incapable.**