

## ANIMAL QUIZ - Outcomes

Title: What kind of animal best represents how you live your life and make decisions?

Desired outcomes:

- a) Owl: You prefer to work alone and are extremely analytical, but those closest to you know that you are thoughtful and have a razor sharp wit. You value merit over charisma and like to make decisions in your life based on fact, other people's input is not necessary.

Think about what your animal says about how you would make decisions about your own health care.

In Ontario, health care decisions are made by you, and if you can't, by someone called your Substitute Decision Maker. Knowing how you make decisions is the first step. Sharing this with others, and identifying the person you would want to speak on your behalf is next. In Ontario, this is called Advance Care Planning and these conversations can make a difference for you and your loved ones.

Why not start your Advance Care Planning conversations today and break the ice by sharing the results of this quiz. It's always too soon, until it's too late.

For more information about Advance Care Planning [...]

- b) Elephant: You are authentic, genuine and care very deeply about the people around you. You thrive on bringing out the best in your loved ones and will be loyal to them until the end. You love generously, trust fully and want to live your life surrounded by your closest friends and family, whom you look to to help you make important decisions. Discussion and consensus are important to you.

Now, imagine you were no longer capable of making decisions for yourself. Would your loved ones know what your end of life wishes were? Would they know how you make decisions?

Do you know what a substitute decision maker is and have you decided who will make health care decisions for you when you are no longer able? Advance care planning conversations are important and we want to help you understand how it fits into the life you're living now.

- c) Dolphin: You are creative and your happiness is contagious. Constantly learning new things and making new friends means your energy is off the charts. You love life and are always ready for the next adventure. You believe life has a way of working out as it should and don't put too much time or energy into how you make big decisions. You might consult some friends or family, but you usually go with your gut.

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- d) Honey bee: You are practical and straightforward. You say what you mean and mean what you say. You value input from others when making important decisions, but don't want to spend a lot of time coming to a complete consensus. A democratic vote will often be the final say in your decision making process.

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