



## What is a Power of Attorney?

A power of attorney is a document that allows you to appoint someone else to handle your affairs on your behalf.

For example, if you are travelling out of the country for a long time or you become physically or mentally unable to handle your affairs, a power of attorney entitles the appointed person to act for you.

Often included as part of an estate plan, a power of attorney allows you to plan ahead and choose who will handle your affairs if you are unable to do so.

## Who is allowed to make a power of attorney?

Anyone who is 18 years old and mentally competent may appoint a power of attorney. This means you must understand the power you are granting to your attorney and the implications of having someone else make decisions for you. If there is any question about your mental competence, you may wish to have your physician evaluate you and state, in writing, that you are competent.

## Can I make a power of attorney over my SHEPP benefit?

Yes. You may make a general or a specific power of attorney.

A **general power of attorney** is very broad, and would entitle your attorney to manage all of your financial affairs and property. This would include your SHEPP benefit.

A **specific power of attorney** covers only the financial affairs or property described in the power of attorney document. If a specific power of attorney is made for your SHEPP benefit, your attorney would only be entitled to receive and manage your SHEPP benefit on your behalf.

## Does SHEPP have a form to make a power of attorney for my SHEPP benefit?

No, SHEPP does not have a form to make a power of attorney for your SHEPP benefit. However, this can be done through your lawyer. The document must meet

certain legal requirements to be valid. For example, in Saskatchewan a power of attorney must be in writing and signed by you.

In the case that the person(s) you have appointed as your attorney need to make changes to your SHEPP benefit, SHEPP will request that the power of attorney documents be sent to our office.

## Who can I appoint as my attorney?

Your attorney should be someone you trust, and understands the responsibilities involved. He or she must also be a person who:

- is 18 years or older;
- is not an undischarged bankrupt;
- is not being paid to provide you with personal or health care services; or
- has not been convicted of certain criminal offences in the last 10 years.

You may appoint an alternate attorney to act if your appointed attorney dies, is unwilling or is unavailable to act on your behalf.

## Where can I obtain more information?

You can find general information on powers of attorney from:

- Public Legal Education Association of Saskatchewan  
500 - 333 25<sup>th</sup> Street East  
Saskatoon, SK S7K 0L4  
Phone: 306.653.1868  
Fax: 306.653.1869  
Website: [www.plea.org](http://www.plea.org)
- Public Guardian and Trustee of Saskatchewan  
100 - 1871 Smith Street  
Regina, SK S4P 4W4  
Phone: 306.787-5424  
Fax: 306.787.5065  
Toll Free: 1.877.787.5424  
Website: [www.saskatchewan.ca](http://www.saskatchewan.ca)