

Available resources

Your contacts

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Your doctor

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Your hospital

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Advance Care Planning
Information online:

www.advancecareplanning.org.au
www.advancecaredirectives.org.au

The Department of Health in your state

The Office of the Public Advocate in your state



Healthscope

Level 1, 312 St Kilda Road,
Melbourne VIC 3004
www.healthscope.com.au

ABN 85 005 405 152



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Advance Care Planning

Information for patients, carers,
family and support persons



Community
of Care

 Healthscope

What is Advance Care Planning?

Advance Care Planning is an important way of letting people know your wishes about your health care and treatment, should you find yourself in a position where you are seriously ill or injured and not able to make decisions.

Advance Care Planning means deciding now what treatment and care you want in the future.

It can also mean:

- Discussing this important issue with the people closest to you and those you trust.
- Completing an Advance Care Directive/ Plan and/or and Enduring Medical Power of Attorney.

Why should you plan ahead?

- To ensure the treatment and care you receive in the future is in line with your wishes.
- To ensure your loved ones won't have to make difficult decisions on your behalf without knowing what you would have wanted.

How Advance Care Planning can make a difference

- It will give you the opportunity to discuss your values, beliefs and treatment preferences with your doctor, healthcare providers, family and friends.
- It will help you document your wishes about future health and personal care, particularly end-of-life care, and help to ensure your wishes are respected.
- It will help you and your family to understand your treatment and care options.
- It can provide peace of mind to you, your family and friends.

You should take your Advance Care Planning documents with you to all health care services, to ensure that your wishes are known and acted on.

This includes your hospital, your doctor and any other health care practitioner who may be looking after you.

Ready to start?

- 1. Appoint a substitute decision-maker**
Think about who might make decisions on your behalf if you are unable to (e.g. Enduring Medical Power of Attorney).
- 2. Communicate**
Talk to your family, friends and doctors about your health care preferences
- 3. Put it on paper**
Record your preferences in a legal document, such as an Advance Care Directive/Plan, and consider completing an Enduring Medical Power of Attorney. Visit www.advancecareplanning.org.au for more information.
- 4. Share**
Give copies of your documents to your family, your GP and your hospital.
- 5. Review them regularly**
Update your documents regularly to ensure that they reflect your current wishes.

Think now, plan sooner –
for peace of mind later.

Even if you are fit and well, it is never too early to make decisions regarding your future health care.

