

Plan your future health care

It's never too early to plan
for your future health care.

What is advance care planning?

Advance care planning is
when you:

- Think about the health care you want in the future.
- Talk about what you want with people you trust.

This is helpful if you are ever sick or injured and cannot speak for yourself.

You can also write down your wishes, so they are clear.

Why is advance care planning important?

Advance care planning:

- Gives you peace of mind that no one has to guess what you want.
- Helps those closest to you feel confident about what health care you want.
- Guides doctors, nurses and other care workers to give care that matches your values, preferences and wishes.



Visit our
website



Contact us

**Free National Advance Care
Planning Advisory Service**

✉ acpa@advancecareplanning.org.au

☎ 1300 208 582

📅 Monday to Friday, 8am–4pm AEST



Need an interpreter?
Call 131 450

National Relay Service: 133 677



Information
current as at
July 2026



How do I get started?

Think

- What is important in your life?
- Are there any medical treatments you would want or not want?
- Who would you trust to make decisions for you?

Talk

It can feel hard to start, but it's important to talk about what matters to you. Tell people you trust so they understand your wishes and can speak up for you if you cannot. This could include:

- Family, carers and friends
- Doctors, nurses, other care workers.

Record

If something is important to you, you can write it down. This might include:

- What matters most to you
- Your wishes for care and medical treatment

You can also formally appoint someone to make decisions for you. Each state and territory in Australia has its own rules.

Store

Make sure the people you trust and your health care providers have copies of any written documents. This helps them understand and follow your wishes. You can also share them through the Australian Government's My Health Record.

Review

Advance care planning isn't something you do just once. As your life changes, keep talking with the people you trust about what matters most to you. Review any written records and make updates if your wishes change.



**Advance Care
Planning Australia**
An Australian Government initiative