



Plan your future health care

None of us know what is ahead. Plan your future health care and medical treatment while you're healthy and can make decisions yourself.

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.

Advance care planning helps doctors, nurses, other care workers and those closest to you to know what matters most.

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.



Need help or want to know more?

Visit www.advancecareplanning.org.au

Contact the free National Advance
Care Planning Advisory Service
acpa@advancecareplanning.org
1300 208 582 (8am to 4pm AEST
Monday to Friday).



How do I get started?

Think

- What is important in your life?
- Are there treatments you would want or not want, like CPR (Cardiopulmonary Resuscitation)?
- Who would you trust to make decisions for you?

Talk

Share your values, preferences and wishes with people you trust.

Record

You can write down your wishes, appoint someone to make decisions for you, or do both. Each state and territory in Australia has rules about how to do this.

Store and share

Give copies of any written documents to people you trust including:

- Family
- Friends
- Hospitals
- Doctors, nurses, other care workers.

You can also share documents to your My Health Record.

Review

Tell the people you trust about any changes and update your advance care planning documents to make sure everyone knows what you want.



Advance Care Planning Australia
An Australian Government initiative