



Activity Guide

Thank you for hosting an Advance Care Planning Week activity! We're thrilled to have you involved.

National Advance Care Planning Week runs **16–22 March 2026** under the theme “Your story, your choice.” Advance care planning is about preparing for your future health care, something everyone should consider, regardless of age or health. Activities can be as simple as a morning tea, an information session, or adding the topic to a regular group meeting. The goal: help people think about their wishes and start conversations.

Tips for a successful activity

Advance care planning can feel challenging to discuss. Create a welcoming, respectful environment is important to get the most out of your activity.

Before your activity

- Send invitations early.
- Promote via newsletters, social media, or email lists.
- Use posters and flyers from your activity pack to spread the word.
- Explore resources at Advance Care Planning Australia to prepare for questions.
- Set up your space and display provided resources.
- Organise refreshments—your registration enters you in the draw for \$200 catering.

During your activity

- Use ACPA conversation starters to kick things off.
- Share a personal story or example if comfortable.
- Encourage openness, active listening, and respect for different values.
- Remind guests that advance care planning is voluntary and personal.
- Take photos (with consent).

After your activity

- Share photos and highlights on Facebook or LinkedIn using #acpweek26 and tag us.
- Complete the feedback survey we'll send you.
- Email photos and a short recap to comms@advancecareplanning.org.au—we'd love to feature your activity in our eNews and on our website.

Conversation starters

In a group environment, these conversations may look a little different than they would among loved ones or with a health professional, as some people may not feel completely comfortable sharing.

Starting the conversation can be the hardest part, so here are a few 'fill in the blank' statements to begin. You might ask your guests to simply think about these points, or to share them aloud if they feel comfortable:

- What I value and enjoy most in my life are
- When thinking about what happened to I realised that I
- I would want to make medical decisions on my behalf if I was unable to do so
- If happened to me, I would want because.....

Ask your attendees to consider why they would give these answers.