# Advance care planning



Quantum Market Research

#### How many Australians have done some kind of advance care planning?



19%

of Australians have discussed their wishes for future care with someone



6%

of Australians have completed an advance care directive



**33**%

of Australians have engaged in advance care planning



of Australians have put their wishes for future care into writing (but not a formal advance care directive)



13%

of Australians have formally appointed a substitute decision maker

#### Who do Australians talk to?

Partner / spouse

60%

Adult child(ren)

29%

Parent(s)

18%



### How aware / familiar are Australians with advance care planning terms?

## Substitute decision-maker roles

(such as Enduring Guardian, Medical Treatment Decision Maker) **67**%

Advance care planning documents

(such as advance care directives)

64%

The term "advance care planning"

30%

### What is stopping Australians from doing advance care planning?



**36**%

It is not a priority



**34**%

I am unsure how to do it



19%

I haven't had the time



19%

It is too expensive to do



16%

It requires the input of multiple people

e.g Lawyer, Justice of the Peace, Doctor

#### What do people talk about?



**51%**Medical treatments I do or don't want



**46%**My wishes and preferences for my future health care



**36%**Important documents



**35%** 

The things that are important for me when I am close to the end of life



# Why do Australians do advance care planning?

It gives me peace of mind
I want to make sure everything is taken care of / I like being prepared
I want to ease the burden for my friend(s) or family
It will help doctors and nurses to make the right decisions for me

It will help my substitute decision makers to make the right decisions for me

### How do Australians feel about advance care planning?



82%

agree advance care planning can help others make the right decisions for you



**79%** 

agree advance care planning can help reduce confusion, stress and anxiety

35%



**73**%

agree they are open to talking about advance care planning



The advance care planning national prevalence study was a quantitative online survey with a sample of 3,390 Australians adults conducted in February-March 2025. Results have been weighted to be representative of the Australian adult population by age, gender, and state/territory.

Further details can be found at Advance Care Planning Australia: www.advancecareplanning.org.au