

Be open Be ready Be heard

“As a family, we’ve had lots of discussion around what will happen towards the end of my life... my family is fully aware of what I want and respect the decisions I have made.”

**Advance Care
Planning Australia**

BE OPEN | BE READY | BE HEARD





What is advance care planning?

Advance care planning promotes care that is consistent with your goals, values, beliefs and preferences. It prepares you and others to plan for future health care, for a time when you may no longer be able to communicate those decisions yourself.

 advancecareplanning.org.au

 **1300 208 582**

Advance care planning advice 9am–5pm, Monday to Friday

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