

## Game: True or false

The purpose of this game is to gauge attendees understanding of what advance care planning is. At the completion of this game you may wish to watch the video – [Be Open | Be Ready | Be Heard](#) and discuss the Advance Care Planning Australia [fact sheets](#).

### Questions

1. **An advance care directive ensures your preferences, beliefs and values about health care are known.**  
True – knowing this helps guide your substitute decision-maker and health professionals to make an informed decision regarding your medical care.
2. **An advance care directive is only used for end-of-life care.**  
False – it can be used at any time where you are unable to make your own decisions.
3. **An advance care directive is only used for those over the age of 65.**  
False - it can be used by people of all ages and health status.
4. **An advance care plan can alleviate anxiety and stress for both the substitute decision-maker(s) and health care professionals responsible for your care.**  
True – research shows that it reduces anxiety and stress for the individual, the substitute decision-maker and the health professional assisting with your care.
5. **Only a family member can be appointed as a substitute decision-maker.**  
False – friends and unpaid carers could also be substitute decision-makers. They will need to be:
  - available (ideally live in the same city or region)
  - over the age of 18
  - prepared to advocate clearly and confidently on the person's behalf when talking to doctors, other health professionals and family members.
 Depending on your state/territory, a person may be able to appoint more than one substitute decision-maker.
6. **Once you complete an advance care plan it is set in stone.**  
False – we encourage you to review and update when required when:
  - Your preferences change
  - If your substitute decision-maker changes
  - When your medical condition changes.
7. **When you have completed an advance care plan you should provide a copy to your family, substitute decision maker and health professionals involved with your care.**  
True – if your plan is not accessible, it cannot be followed. We also recommend uploading your form to My Health Record.
8. **Thinking about what matters the most to you is the start of creating an advance care directive.**  
True – understanding your own values, beliefs and preferences is important before starting a conversation with loved ones or a health professional.

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7. When you have completed an advance care plan you should provide a copy to your family, substitute decision maker and health professionals involved with your care.

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8. Thinking about what matters the most to you is the start of creating an advance care directive.

Answer - \_\_\_\_\_