What is advance care planning?

If you knew someone who became very unwell and was not able to communicate their wishes to others, would you know what they wanted? Could you speak on their behalf?

Advanced illness or serious injury can sometimes mean that people cannot make their own choices about healthcare. This can happen to people of all ages, and especially towards end of life.

Writing an Advance Care Plan lets a person say what they would want, if they ever became unable to communicate for themselves.

Benefits for you and the people you care for

Advance care planning:

- helps to ensure that someone’s preferences, beliefs and values about healthcare are known and can be respected if they are too unwell to speak for themselves
- benefits others who are close to them. Research has shown that families of people who have done advance care planning have less anxiety and stress when asked to be involved in important healthcare decisions.

Making healthcare decisions for others can be difficult. An Advance Care Plan can give peace of mind and comfort as preferences are clear, understood and respected.

What does a substitute decision-maker do?

When a person prepares their Advance Care Plan, they may invite someone to be their substitute decision-maker. If the person loses the ability to make their own healthcare decisions, the substitute decision-maker can then make decisions on their behalf. The Advance Care Plan will provide direction and guidance.

Some state/territory laws may allow for more than one substitute decision-maker to be appointed.
How can a substitute decision-maker help with advance care planning?

It is important to encourage the following when the person is making their Advance Care Plan.

Be open

- If someone asks you to be their substitute decision-maker, think about what it might mean for you before you agree.
  
  You 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 their behalf when talking to doctors, other health professionals and family members.

- Encourage them to think about their beliefs, values and preferences for healthcare.

- Encourage them to talk through their preferences with their healthcare team, partner, family members and close friends.

Be ready

- Talk with them about their values, beliefs, and life goals. Make sure you understand and respect their approach to and preferences for healthcare and end-of-life care.

- If they have beliefs that you are opposed to, be honest with them. Remember that you may be called upon to advocate for them. If your beliefs are too different, it may be better for them to choose someone else.

- Talk about any potential issues that may arise with family members or partners who have very different views. How will you cope with any disagreement that could arise? Have they been made aware of the person's wishes? Do they know you are the substitute decision-maker?

- If you agree to be a substitute decision-maker, discuss whether they want you to be legally appointed. More information is available from www.advancecareplanning.org.au
Be heard

• Encourage the person to write an Advance Care Plan/Directive. For information relevant to state/territory law see advancecareplanning.org.au. The GP or healthcare team will be able to assist them.

• A written Advance Care Plan/Directive will make things easier for you, as substitute decision-maker, if the need ever arises.

• Ask for a copy of the Advance Care Plan/Directive and keep it safe. Familiarise yourself with the person's wishes and ask them to explain anything that isn't clear.

• Encourage them to review their Advance Care Plan every year or if there is a change in their health or personal situation.

• Help them to load their Advance Care Plan/Directive onto their 'My Health Record' myhealthrecord.gov.au

The law and advance care planning

Different states and territories in Australia have different laws regarding advance care planning. There are also common law decisions in advance care planning in some states/territories.

See advancecareplanning.org.au for information.

Depending on the state/territory:

• a substitute decision-maker may be legally appointed as an ‘agent’, ‘guardian’, ‘enduring guardian’ or ‘enduring power of attorney’

• an Advance Care Plan may also be called an ‘advance care directive’ or an ‘advance health directive’ and may include a ‘refusal of treatment certificate’.

अपने विचार प्रकट करें

• व्यक्ति को अप्रिम देखरेख योजना/निर्देश लिखाने के लिए बढ़ावा दें। राज्य/टेरेटरी के कानून में संबंधित जानकारी लिए advancecareplanning.org.au देखें। GP या स्वास्थ्य-देखरेख टीम उनकी मदद करने में सक्षम होगी।

• लिखित अप्रिम देखरेख योजना/निर्देश के कारण एक वैकल्पिक निर्णयकर्ता के रूप में, जूझूङ्त पड़ने पर, आपका काम आसान हो जाएगा।

• अप्रिम देखरेख योजना/निर्देश की प्रति मौग्य और इसे सुरक्षित रखें। खुद को व्यक्ति की इच्छाओं से परिचित करें और पद्ध कुछ अस्पष्ट हो तो उनसे इसकी व्याख्या करने के लिए कहें।

• उन्हें बढ़ावा दें कि वे हर साल अपनी अप्रिम देखरेख योजना की समीक्षा करें या यह देखें कि व्य उनकी स्वास्थ्य अप्रिम निजी परिस्थिति में कोई बदलाव हुआ है या नही।

• उनकी अप्रिम देखरेख योजना/निर्देश उनके 'My Health Record' (मेरा स्वास्थ्य रिकार्ड) myhealthrecord.gov.au में लौट करने में उनकी मदद करें।

कानून और अप्रिम देखरेख नियोजन

ऑस्ट्रेलिया में अलग-अलग राज्यों एवं टेरेटरियों के अप्रिम देखरेख नियोजन से संबंधित अलग-अलग कानून हैं। कुछ राज्यों/टेरेटरियों में अप्रिम देखरेख नियोजन से संबंधित कुछ कानूनी निर्णय सामान्य भी होते हैं।

जानकारी के लिए advancecareplanning.org.au देखें।

राज्य/टेरेटरी पर निर्भर करते हुए:

• वैकल्पिक निर्णय-कर्ता को कानूनी तौर पर ‘एजेंट’, ‘संरक्षक’, ‘स्थायी संरक्षक’ या ‘स्थायी मुख्ताराम’ के तौर पर नियुक्त किया जा सकता है

• अप्रिम देखरेख योजना का ‘अप्रिम देखरेख निर्देश’ या ‘अप्रिम स्वास्थ्य निर्देश’ भी कहा जा सकता है और इसमें ‘उपचार से इंकार करने का प्रमाण-पत्र’ भी शामिल हो सकता है।
Do you have questions about advance care planning and would prefer to speak in a language other than English?

You can receive help from an interpreter for the cost of a local call (except from mobiles) by simply following these steps:

1. Call 13 14 50, Monday to Friday 9.00-5.00pm.
2. Say the language you need.
3. Wait on the line for an interpreter (may take up to 3 minutes).
4. Ask the interpreter to contact Advance Care Planning Australia on 1300 208 582.
5. Talk with our staff or volunteer with the help of an interpreter.

Where can I get more information?

Advance Care Planning Australia:
www.advancecareplanning.org.au

National Advisory Helpline: 1300 208 582

क्या अग्रिम देखरेख नियोजन के बारे में आपके कोई सवाल हैं और क्या आप अंग्रेजी के अलावा किसी अन्य भाषा में बात करना पसंद करेंगे?

आप तब निम्नलिखित चरणों का प्रयोग करके लोकल कॉल की लागत पर किसी दुःखितए से मदद प्राप्त कर सकते हैं (मोबाइल से की गई कॉल को छोड़कर):

1. 13 14 50 पर फोन करें, सोमवार से शुक्रवार सुबह 9.00 बजे से तारामाद 5.00 बजे के बीच।
2. जिस भाषा की आपको आवश्यकता है उसका नाम ले।
3. दुःखितए का इंतजार करने के लिए लाइन पर बने रहें (इसमें 3 मिनट तक का समय लग सकता है)।
4. दुःखितए से Advance Care Planning Australia को 1300 208 582 पर संपर्क करने के लिए कहें।
5. किसी दुःखितए की मदद से हमारे कर्मचारियों या स्वयंसेवक से बात करें।

मुझे और अधिक जानकारी कहाँ से मिल सकती है?

Advance Care Planning Australia:
www.advancecareplanning.org.au

National Advisory Helpline (राष्ट्रीय परमाणु सहायता सेवा): 1300 208 582

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This publication only provides a general summary of the subject matter covered. People should seek professional advice about their specific circumstances. ACPA is not liable for any errors or omission in this publication.