

Why Plan Ahead?

Through planning ahead you can guide your loved ones to make the best decisions for you when you lose the ability to make decisions for yourself.

Imagine if you became seriously ill or had a serious accident and were unable to speak for yourself

What sort of medical treatment would you want? Who do you want making decisions about your medical treatment?

When families and people caring for you know they are making medical decisions according to your wishes, there is less chance of confusion and anxiety.

What is Advance Care Planning?

Advance Care Planning is having a conversation with family, friends and your doctor about the type of medical care you would want or not want to receive if you became seriously ill or injured.

Writing down your advance care planning conversation in a plan, directive or letter helps people to remember what you want and makes it easier to communicate these wishes to people caring for you who may not know you.

An advance care plan, directive or letter will only be used if you are unable to communicate medical decisions yourself.

How You Can Plan Ahead

Have the conversation ...

It's as easy as ACDC

- ✓ ***A***ppoint a substitute decision maker whom you trust to respect and stand up for your wishes
- ✓ ***C***ommunicate and chat with those involved in your life and your medical care
- ✓ ***D***ocument and record information and instructions that will help decide and guide your future care
- ✓ ***C***irculate official documents and continue to communicate, especially if there has been a change in your circumstances or decisions

For further information and to access advance care plan, directive or letter formats:

www.advancecareplanning.org.au

Victoria

The Office of the Public Advocate has information about appointing a substitute decision maker

(Enduring Power of Attorney - Medical Treatment)

Go to www.publicadvocate.vic.gov.au

Or call 1300 309 337 to request booklets:

'Take Control' or 'Side by Side'

For further support ask your GP or someone involved in your health care about Advance Care Planning



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[Based on Austin Health resources]

www.advancecareplanning.org.au

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HEALTH

Advance Care Planning

Have the conversation..



Advance Care Planning helps guide your future medical treatment when you are unable to speak for yourself. Advance Care Planning gives those caring for you the confidence to respect your wishes.