

Advance Care Planning Information Sheet

Your Care

Advance Care Planning is a process that ensures your family and treating healthcare team understand what is important to you and how you want to be treated if you become unable to make decisions or communicate your wishes.

Advance Care Planning can include:



A. Appoint... someone you trust to make medical decisions on your behalf if you are unable to



C. Chat and communicate... talk to your family, friends and doctors about what is important to you



P. Put it on Paper... write down your values, preferences and what is important to you in an advance care directive

A. Appointing a Medical Treatment Decision Maker

Your medical treatment decision maker is the person with legal authority to make medical treatment decisions for you, if you do not have decision-making capacity (are unable) to make the decision(s). You can choose who your medical treatment decision maker is by appointing someone to that role. You do this by using an Appointment of Medical Treatment Decision Maker form. You can appoint more than one person, but only one person acts at any time.

It is important to choose someone who has a clear understanding of your values and preferences. They must be over 18 years of age. It is a good idea to choose someone you trust and is available if required. They should also be a strong advocate to ensure your preferences are adhered to if and when required.

C. Chat and Communicate

Think about your beliefs, values and what quality of life means to you. Talk to your family, friends and doctor about your preferences for health care in the future. Talk about future situations that you would find unacceptable or too burdensome in relation to your healthcare.

P. Put it on Paper

If there is something you feel strongly about, you can write it down in your advance care directive. The directive will be used to guide your healthcare team and your Medical Treatment Decision Maker if you are unable to make decisions for yourself.

In your advance care directive, you can include:

- a values directive
- an instructional directive

A values directive is a statement of your values and preferences for your medical treatment. Your Medical Treatment Decision Maker will use your values directive to guide them when they need to make a decision for you.

An instructional directive is a legally binding statement in which you consent to, or refuse, future medical treatment. Your instructional directive takes effect as if you had consented to, or refused the treatment.

You can choose to complete either or both directives. You should discuss and complete the advance care directive with your doctor, your healthcare team and your Medical Treatment Decision Maker.

Reviewing or cancelling your documents

Your preferences for medical treatment may change over time. For this reason, it is recommended that you review your advance care directive every two years, or whenever your medical or personal situation changes. You can change or cancel the document by completing a new directive or by completing the advance care directive revocation form. It is important to also inform your medical treatment decision maker, family and your doctors of the changes and provide them with copies of your new documents.

Getting Started

The Advance Care Planning Service can send you an information pack if you wish to start completing the process yourself. Alternatively, you can make an appointment with the service to assist you with Advance Care Planning. There is no cost involved.

For more information or to download documents visit: www.alfredhealth.org.au

Alfred Health Advance Care Planning Service

Phone: 9076 6642

Email: advancecareplanning@alfred.org.au



Developed & reviewed
by our consumers

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