

A Conversation for Everyone: Advance Care Planning – useful websites

General websites - State/Territory and National:

- **ACT Health - Advance Care Planning** webpage for the forms and what to do in the ACT. People from the team can help you with the forms
 - <https://www.health.act.gov.au/services/advance-care-planning>
- **Be My Voice** - ACT based website with links to the forms, videos and an explanation of the process.
 - www.bemyvoice.com.au
- **NSW Health Advance Care Planning** – information specifically for NSW
 - <https://www.health.nsw.gov.au/patients/acp/pages/default.aspx>
- **Advance Care Planning Australia** - Lots of useful information on a state/territory basis, videos with people's stories and a phone number to talk to someone in person.
 - <https://www.advancecareplanning.org.au/individuals/how-to-start-the-conversation#/>
- **Health Care Consumers' Association** - overview of the process in the ACT with workbooks in plain English and in different languages
 - <https://www.hcca.org.au/consumers/advance-health-care-planning/>

Enduring Power of Attorney: The Power to Choose:

- This is the booklet that includes the Enduring Power of Attorney form for the ACT and instructions on how to fill it in
 - <https://www.ptg.act.gov.au/images/pdf/ptg-power-to-choose.pdf>

Identifying and Communicating your wishes:

- **Dying to Talk Discussion starter:** A tool to help you work out what is right for you at the end of life. You can download a booklet or fill in the booklet online
 - <https://dyingtotalk.org.au/discussion-starters/>
- **My Values** is a set of specially constructed statements designed to help you identify, consider and communicate your wishes about the medical treatment you would want in the later stages of life. If you fill it out online, you can send the information to the people that matter via email. You will need to register your details to get access to this site
 - <https://www.myvalues.org.au/>
- **Love is not Enough** is a short video that shows how not everyone will know your wishes unless you've had the conversation
 - <https://www.youtube.com/watch?v=hsZ287okl8c>



Officially recording your wishes:

- **My Health Record** is the Australian government tool for details of your medical appointments, scans, allergies, medicines and more. It includes a spot for your Advance Care Plan. This information can be accessed by medical professionals. <https://www.myhealthrecord.gov.au/for-you-your-family/howtos/add-advance-care-plan>
- **To lodge your forms with Canberra Health Services go to:**
<https://www.health.act.gov.au/services/advance-care-planning>
Or send to:
ACT Health Advance Care Planning
PO Box 825
Canberra ACT 2601
Or email: acp@act.gov.au
Phone: 5124 9274
- Also give your forms to your GP, attorneys and other family members or friends as relevant.

The HCCA presentation - A conversation for Everyone: Advance Care Planning

- The **My Values table** is a set of statements that can help you identify what is important to you near the end of your life. It is adapted from the Go Wish Game developed by the CODA Alliance. We reflect on these values in the presentation.
<https://www.hcca.org.au/consumers/advance-health-care-planning/>
- A PDF of the presentation is sent to participants after the presentation
- HCCA can give the presentation in person or online. Please contact HCCA on 02 6230 7800 or adminofficer@hcca.org.au to find out more.

Health Care Consumers' Association

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