

# Advance Care Planning Useful Resources

## 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](http://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/>
- We can give Advance Care Planning presentations in person or online. Please contact HCCA on 02 6230 7800 or [adminofficer@hcca.org.au](mailto:adminofficer@hcca.org.au) to find out more.

## 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.
- **You will need to upload your Advance Care Plan again each time you update it.**
  - <https://www.myhealthrecord.gov.au/help/add-advance-care-plan>
  - <https://www.youtube.com/watch?v=mCwKUpXDHDc>
- **To lodge your forms with Canberra Health Services, send/email to:**  
 Health information Services  
 Mezzanine Level, Building 12, Canberra Hospital **Or** PO Box 11  
 Yamba Drive Garran ACT 2605 Woden ACT 2606  
 Phone: 02 6244 2124  
 Email: [CHS.HIS@act.gov.au](mailto:CHS.HIS@act.gov.au)
- **Private Hospitals**  
 Contact the hospital and ask where they would like it sent to.
- **NSW residents:**  
 Find out if you have a record at your local hospital and ask if they can attach/upload your Advance Care Plan. In NSW the forms are called an Enduring Guardian and Advance Care Directive. Your forms are recognised regardless of where you may receive treatment.
- **Also give your forms** to your GP, attorneys and other family members or friends as relevant. Consider carrying your forms with you or get a card for your wallet that lists who has a copy.

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