

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

- www.health.act.gov.au/services/advance-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

- www.ptg.act.gov.au/images/pdf/ptg-power-to-choose.pdf

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

- 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. www.advancecareplanning.org.au

- **National Advance Care Planning Support Line:** 1300 208 582

Health Care Consumers' Association

- Read an overview of the process in the ACT and useful resources: www.hcca.org.au/advance-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 to find out more.

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:

- dyingtotalk.org.au/discussion-starters

My Values is a quiz 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 a report to the people that matter via email. You will need to register your details to get access to this site:

- 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.

Learn how to add your Advance Care Plan to My Health Record:

https://training.digitalhealth.gov.au/pluginfile.php/44134/mod_resource/content/1/content/index.html#/

To lodge your forms with Canberra Health Services, send a copy (keep the originals) to:

Canberra Health Services - Health Information Services
PO Box 11
Woden ACT 2606

Or email to CHS.CPFScanning@act.gov.au.

You can also upload your forms to your ACT Digital Health Record using the MyDHR website or app. Learn more: health.act.gov.au/digital/dhr

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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