

Advance Care Planning Useful Resources

To make your advance care plan, you need to:

1. Think about your wishes for health care and quality of life
2. Talk with your chosen decision-makers and important people in your life
3. Fill in the Advance Care Planning forms:
 - **Enduring Power of Attorney (EPoA)** – this legally appoints someone to make decisions for you if you are not able to speak for yourself.
 - **Statement of Choices** – this tells your health care team and decision-maker/s what your wishes are for care and medical treatment
 - **(optional) Health Direction** – this gives you a way to legally refuse or stop medical treatment. It is best to complete this with your doctor.
4. Share copies of the forms with your decision makers and health care team.

Read an overview of the process in the ACT and where to get support:

www.hcca.org.au/advance-care-planning/

Useful resources:

Enduring Power of Attorney: The Power to Choose. This booklet includes the Enduring Power of Attorney form for the ACT and instructions on how to fill it in. Download from:

https://www.ptg.act.gov.au/_data/assets/pdf_file/0007/2166487/ptg-power-to-choose.pdf

Be My Voice - ACT based website with links to the forms, videos and an explanation of the process. Go to www.bemyvoice.com.au

NSW Health Advance Care Planning – information specifically for NSW residents is available at: www.health.nsw.gov.au/patients/acp/pages/default.aspx

Advance Care Planning Australia

Lots of useful information for all states and territories, videos with people's stories and a phone number to talk to someone for help. www.advancecareplanning.org.au

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

Thinking about and sharing 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

Lodging your forms:

To lodge your forms with Canberra Health Services, send a copy 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: www.health.act.gov.au/digital/dhr

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 anywhere in Australia.

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#/

You will need to upload your Advance Care Plan again each time you update it.

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, decision-maker/s and other family members or friends who should know your wishes. Consider carrying your forms with you when you travel or get a card for your wallet that lists who has a copy.

Updated July 2024