



Advance Health Care Plan Workbook



Advance Health Care Plan

What is this book?

This book can help you make your Advance Health Care Plan (**Your Plan**)

An Advance Health Care Plan tells people how you want to be treated if you are not able to tell them yourself.

This book gives information you need to know while you are making Your Plan.

You might:

- use the questions to talk to others about what to put in Your Plan
- write down the things that are important to you
- write the things you want other people to know about you
- show other people what is important to you when you made your plan.

You do not have to use this book, it is only a guide.



Advance Health Care Plan

What is an Advance Health Care Plan?

Your advance health care plan tells other people how you want to be treated if you cannot tell them yourself. It is for health care decisions.



Do I have to make a plan?

You can choose to make a plan, or not to make a plan.



Why make a plan?

Make a plan so people know:

- what you want to happen if you are sick or dying
- what you need, to have a good life.



What are the bad things about making a plan?

Some people do not like to talk about Advance Health Care Planning.

You might feel sad to think about being sick or dying.

You may worry about things that might go wrong – this is normal.

You can make a plan even if you feel sad or worried.

Make a plan if it is important for you to have a say in how you are treated.





Help to make your plan

Some people like help to make their plan.

You might like help to:

- find out information
- understand your options
- fill out the papers
- make sure anyone who needs a copy of your plan has one
- talk to people you care about.



You need to ask the right person to help you plan.



Ask a person who:

- truly listens to you
- allows you to do things your way
- knows this is your plan – not theirs.



You might ask a:

- friend
- family member
- paid carer
- advocate.

You can also call the Respecting Patient Choices Team.

Call them on (02) 6244 3344



Use this space to write down who might help you make your plan.

Talk to people who care about you.

To make your plan you need to talk to people who care about you.



Talk to them to find the right person to speak for you if you can not speak for yourself.

Talk to them so they know:

- You want someone to speak for you if you can not speak for yourself
- What is important to you.

You could show them this workbook to start a conversation.



Who should I talk to?

Talk to people you trust.

This means they:

- Listen to you
- Will do as you ask
- Make you feel safe
- Will not tell your private things to others
- Do not think they know what is best for you.



Talk to people:

- Who know you well
- Who have spoken for you before
- Who understand that this is your plan – not theirs
- You know will speak for you if you need them to.

Write down people who you would like to talk to about your plan. These are people who might make decisions for you if you could not.

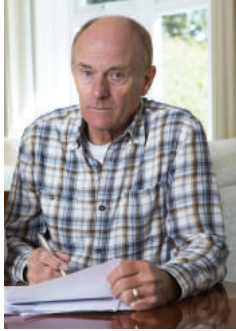




Enduring Power of Attorney (EPOA).

An EPOA is a legal document.

You use it to name a person who can make decisions for you if you cannot.



This person is called your Attorney.

You choose which decisions your Attorney can make for you. They can make financial, housing and health decisions for you.



A person you choose to make your health care decisions is called your Health Attorney.

Not all people make an EPOA.
It is your choice.



If you have made an EPOA you should talk to your Attorney about Your Plan.

You should make sure that you have said they can make health decisions for you.

You should give them a copy of Your Plan.



Your doctor would ask your Attorney what to do if you could not speak for yourself.



Guardianship

Some people have a Guardian.

A Guardian makes decisions for you.

They can only do this if a court says that they can.

You can still make this document if you have a Guardian.

The rules say your Guardian should know what you want before they decide for you.

Your Guardian can use your plan to work out how you would like to be treated if you were very sick or close to death.



You should tell your Guardian that you have made Your Plan.

You should give them a copy of it.



Your good life

A good life is different things for different people.



People who care about you need to know what makes your life good so they can speak for you if you cannot.



Doctors need to know what makes your life good so they can offer the best treatment options.



Things that you need for your good life could be:

- that people understand you
- being able to communicate with others
- looking after yourself as much as possible
- being out of bed
- the way you eat and drink
- living in your own home
- the activities you are able to do.



Use this space to write down the things that make up your good life.

Write as many as you want.

1.
2.
3.
4.
5.



Your Good Life

Communication

Communication means letting others know what you think, want or feel.

People use different ways to communicate.



We use:

- speech
- words
- pictures
- touch
- movement.



Write what you do now to communicate.



Write what you are willing to do to communicate.



Write how you do not want to communicate.



Independence and Support

Independence is how much support you need to live a good life.

This will be different for everyone.

Independence might mean living in your home with no supports.

Or you might be happy to live in your home with some supports.

Having a shower on your own might be important to you.

Or being able to feed yourself.



How much support are you willing to have?

This is different for everyone.



Use this space to write down things that you are happy to have support for.



Write things you do not want support for.



Your Good Life

Mobility

Mobility means how you move around.

It means different things to different people.

Some people use mobility aids, like wheel chairs to move around.

Some people like to be very mobile.

They may need to be mobile to do the things they love.

It is less important to other people.



Use this space to write down what mobility means to you.

Other things about your good life

Write down other things about your good life that you would want people to know.



Write as many as you want.



You and Life Prolonging Treatments



Life Prolonging Treatments are used to help you stay alive for longer.

They are medical treatments.

If you use one you may need it for the rest of your life.

When you are making your plan you could talk to your doctor to find out more about life prolonging treatments.

Some Life Prolonging Treatments are:



A ventilator breathes for you if you cannot.



A feeding tube gives you food if you cannot eat.



A blood transfusion gives you blood or parts of blood.

A kidney machine is used if your kidneys are not working.



Intravenous antibiotics is medicine given through a needle that stays in your hand or arm.



An operation that is needed to keep you alive.

You and Life Prolonging Treatment

Choosing a life prolonging treatment is a big decision. You need to think about if it would be right for you.

Think about if it would:

- Allow you to do something that matters to you
- Allow you to keep living your good life
- Fit with your values.



Write the good things about life prolonging treatments.



Write the bad things about life prolonging treatments.



Write the life prolonging treatments you might use.



Write the life prolonging treatments you do not want.



When to stop using a life prolonging treatment.

These questions are about how long you would use life prolonging treatment.

Or when you would want to stop using one.

It is important to understand that you may **die** when the life prolonging treatment is stopped.



Some people want the treatment for as long as they can be kept alive.

Others may only want treatment for a short time.



For example they may only want it so that loved ones have the chance to say goodbye to you.

Some people don't want it at all.



Write down what makes you want to stop life prolonging treatment.



Write what makes you want to keep using life prolonging treatment.



You and CPR

My choices about CPR

CPR stands for **Cardiopulmonary Resuscitation**.

CPR can be used if your heart stops. It may get your heart started again.



The good things about CPR

It could give you a bit more time so:

- Doctors can help you
- Your family could say goodbye.



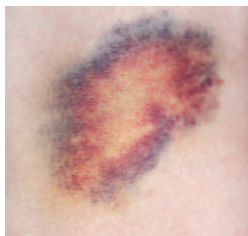
Write when CPR would be good for you.



The bad things about CPR

Your heart might stop beating because it is time for your body to die. CPR might get your heart working again.

It would only be for a short time because your body is ready to die.



CPR is not gentle.

You may get injuries from CPR.



If your heart has stopped then your brain may have been damaged.



Write when CPR might be bad for you.

Other Important things

You can use these questions to explore other things you want people to know if you could not tell them yourself.

Imagine you were very sick or close to dying.

What things would be most important to you?

Who would you tell if you were very sick or close to dying?

What would you like them to do?

Who would you like to have close to you?

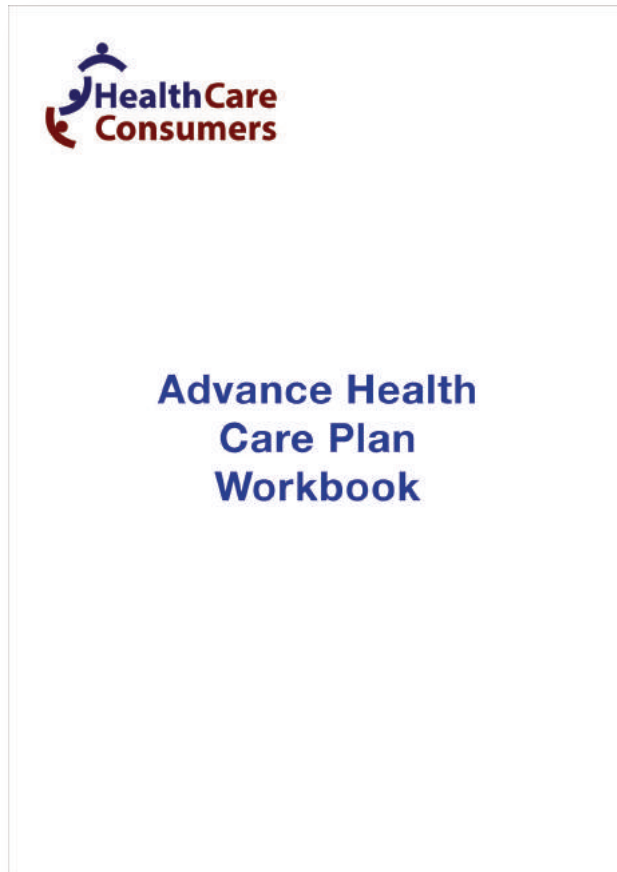
What would you say if you could speak?

Are there any religious customs you would want carried out?

What next?

Make Your Plan.

You should fill out the Advance Care Plan .



Who should have a copy of my finished plan?

Once you have finished Your Plan

Give a copy to :

- People you want to speak for you if you can not
- Your doctor
- Your Attorney if you have one
- Your Guardian if you have one
- Canberra Hospital–Respecting Patient Choices.

You might choose to give them a copy if this workbook.
It shows them how you decided.



Useful contacts .

Health Care Consumers Association:

<http://www.hcca.org.au>

6230 7800

A.C.T. Disability, Aged and Carer Advocacy Service (ADACAS):

<http://www.adacas.org.au>

6242 5060

Respecting Patient Choices:

<http://health.act.gov.au/public-information/consumers/respecting-patient-choices>

62443344

ACT Public Advocate:

<http://www.publicadvocate.act.gov.au>

6205 2222

Translating and Interpreter Service:

<https://www.tisnational.gov.au>

131450

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