

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.

**In NSW the forms are the Enduring Guardian and Advance Care Directive.*



4. Share copies of the forms with your decision makers and health care team.

Read more about the process and download the forms by visiting www.hcca.org.au/advance-care-planning/ or scan the QR code:



Thinking and talking about your choices

The GoWish game uses cards with prompts to help you work out what is most important to you in health care and end-of-life. Try the online version of the card game at: codaalliance.org/go-wish-game/

My Values is a quiz to help you identify, consider and communicate your wishes about the medical treatment you would want. 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

Dying to Talk Discussion starter: A booklet to help you work out what is right for you at end-of-life and talk about it with others: dyingtotalk.org.au/discussion-starters

Support and Information

Canberra Health Services offers help with Advance Care Planning in the ACT, including appointments at hospitals and community centres.

Email acp@act.gov.au or call 02 5124 9274

Advance Care Planning Australia has information for all states and territories, personal stories and a national support line for advice.

Go to: www.advancecareplanning.org.au or call 1300 208 582

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

Enduring Power of Attorney: The Power to Choose. This booklet has information about how to complete the EPoA and information for attorneys. Download from: <https://www.ptg.act.gov.au/enduring-powers-of-attorney>

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

You should share your plan with:

- | | |
|---|---|
| <input type="checkbox"/> Your decision-makers | <input type="checkbox"/> Canberra Health Services |
| <input type="checkbox"/> Your GP | <input type="checkbox"/> My Health Record |
| <input type="checkbox"/> Other family members | <input type="checkbox"/> Any other care providers |

There are 3 ways to lodge your ACP with Canberra Health Services:



Upload your forms to your Digital Health Record using the MyDHR website or app. Learn more: www.health.act.gov.au/digital/dhr



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



Email: CHS.CPFScanning@act.gov.au.

Ask your private hospital or care provider where to send a copy of your plan.

NSW Residents: Find out if you have a record at your local hospital and ask if they can attach/upload your plan. You can lodge your NSW forms with ACT health services, including public hospitals.

My Health Record is a nation-wide health record. Adding your plan helps your supporters and health care workers access the plan if you are outside the ACT.
www.digitalhealth.gov.au/advance-care-planning

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

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