

# 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/](http://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/](http://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](http://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](http://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](mailto: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](http://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](http://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](http://www.health.nsw.gov.au/patients/acp/pages/default.aspx)

## You should share your plan with:

- Your decision-makers
- Your GP
- Other family members
- Canberra Health Services
- My Health Record
- 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](http://www.health.act.gov.au/digital/dhr)
-  Canberra Health Services - Health Information Services  
PO Box 11, Woden ACT 2606
-  Email: [CHS.CPFS Scanning@act.gov.au](mailto:CHS.CPFS Scanning@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](http://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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