

WHAT IS ADVANCE CARE PLANNING?

Advance Care Planning is about planning ahead for your future healthcare, in case you are ever too sick to speak for yourself.

FOR MORE INFORMATION OR ASSISTANCE WITH ADVANCE CARE PLANNING

Speak to a staff member or phone

Eastern Health
Advance Care Planning Program

Telephone: 9955 1276

Email enquiries: acp@easternhealth.org.au

Address: Wantirna Health
251 Mountain Highway
Wantirna 3152

You will find further information about Advance Care Planning on these websites:

www.easternhealth.org.au

www.advancereplanning.org.au

www.publicadvocate.vic.gov.au



If you have any English language difficulties, please ask staff to book an interpreter. From home, you can contact us directly by using the Telephone Interpreter Service 9605 3056. Interpreter services are provided free of charge. Ask staff to check if this information is available in your preferred language.

Protecting Your Privacy

Eastern Health is committed to protecting your privacy. We will keep your personal information secure and disclose information about you only when required or permitted by law. We comply with relevant information and privacy legislation. If you would like more information,

please ask a staff member or visit our web site www.easternhealth.org.au

Eastern Health is accredited by the Australian Council on Healthcare Standards

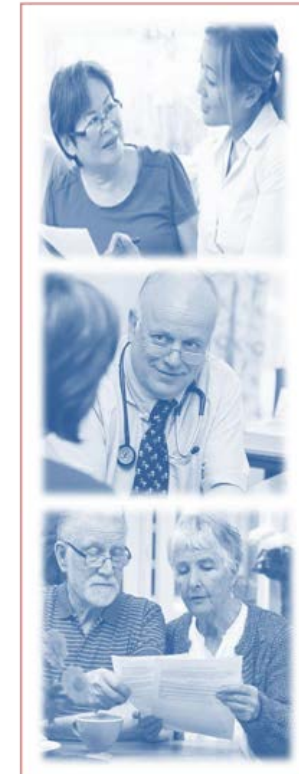
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If you have any feedback or suggestions on how to improve this information sheet please contact the Centre for Patient Experience at: feedback@easternhealth.org.au or 1800 327 837

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ADVANCE CARE PLANNING

Planning ahead
for your future
healthcare

Your life
Your choice
Your wishes

Advance Care Planning – 3 things everyone should consider

1. DECIDE WHO YOU WOULD WANT TO SPEAK FOR YOU.

If you are ever too unwell to speak for yourself, who will be speaking for you?

You can legally appoint someone you trust to make medical decisions for you if you are unable to make decisions for yourself.

This person/s would be known as a Medical Treatment Decision Maker.

If you choose not to appoint someone there is a legal hierarchy which tells Medical staff to whom they should speak.

2. THINK AND TALK.

Think about your values and beliefs that are important in your life.

Think about your current health and possible future health problems.

Think about what you would want from your current and future health care.

Talk to those close to you about what is important to you about your health care. It can provide peace of mind to your family and friends –and to you.

Talk to your health care providers about what matters most to you and possible treatments you would want or not want.

3. WE SUGGEST YOU WRITE DOWN YOUR WISHES.

On a special form called an Advance Care Directive. This form is available from the hospital.

This is to ensure everyone is clear regarding your decisions.

You may also want to do this if you choose not to appoint a Medical Treatment Decision Maker/s.

Give copies of your Advance Care Directive to your Medical Treatment Decision Maker/s, family, GP and local hospital.

Review your Advance Care Directive regularly, we suggest every 2 years or at any time you wish.