



Ask staff if this information is available in your preferred language. If you have English Language difficulties, please ask staff to book an interpreter. From home contact the **free** Telephone Interpreter Services on 03 9605 3056

WHO makes my medical treatment decisions if I am not able to?

In Victoria, there is a law that sets out who can make medical decisions for you, if you can't.

It is called the Medical Treatment Planning and Decisions Act 2016.

As per the legal list, the treating team identifies who the medical treatment decision maker is:

1. Medical treatment decision maker/s legally appointed by you. The law says you can only complete this form if you understand what you are doing.
2. Guardian appointed by Victorian Civil and Administrative Tribunal (VCAT) with medical decision maker powers
3. The following person with a close and continuing relationship who is willing, able and available.
 - a. the spouse or domestic partner
 - b. the primary carer
 - c. If more than 1 person listed below it is the eldest
 - (i) adult child
 - (ii) parent
 - (iii) adult sibling

INFORMATION AND HELP

Talk to your GP - discuss your thoughts during a double appointment.

Contact the Eastern Health ACP nurses

Call: 03 9955 1276

Email: acp@easternhealth.org.au

ACP forms and information also available from:

The Office of the Public Advocate
1300 309 337

www.publicadvocate.vic.gov.au/

Advance Care Planning Australia
1300 208 0582

www.advancecareplanning.org.au

Eastern Health
5 Arnold Street, Box Hill, Victoria 3128
Tel: 1300 342 255
www.easternhealth.org.au



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If you have any feedback or suggestions on how to improve this information sheet, please contact us at

brochure.request@easternhealth.org.au

ADVANCE CARE PLANNING



If you become ill or injured and need someone else to make medical decisions for you, what would you need your family and healthcare team to know?



Program/Dept.: ASPPPA
Approval Date: 16/03/2022
Review Date: 16/03/2025

ADVANCE CARE PLANNING

- You have the right to make your own decisions. But what would happen if you can't?
- What decisions would you want to be made for you about your care?
- And, importantly who would you want to make those decisions for you?

WHAT CAN I DO?

- Have a conversation about your needs, preferences, cultural, spiritual care or thoughts about medical treatments.
- Write down your wishes, preferences or instructions for your healthcare, including end-of-life.
- Appoint one or more medical treatment decisions makers that you trust to act and speak on your behalf, if you can't.

WHY IS ACP IMPORTANT?

Advance care planning can bring comfort and peace of mind to you, your family, and those who may have to make healthcare decisions on your behalf, if you can't.

'I've done my ACP, my family knows my wishes. I trust my wife with my life but I trust her more with my death'

Terry- a family's experience

HOW DO I START?



THINK about your health and what matters to you

- Do you have personal beliefs that influence your healthcare wishes?
- Are there conditions under which you do or do not want a certain treatment?
- Have you had past experiences with family or friends where healthcare decisions had to be made?
- Who would help make medical decisions for you if you can't?
- You can choose to appoint medical treatment decision maker/s. You should choose someone you trust and who knows you well. The person you choose has to agree and needs to know what is important to you.



TALK with those close to you and your health care team

- If you are living with a medical condition, you may already have thoughts and questions about your care and treatment.
- Your views and wishes may change over time or as your health changes, so it is important to let others know your thoughts and feelings.
- Ideally these conversations start when you are well and then continue throughout your life.



WRITE down your wishes

ADVANCE CARE DIRECTIVE (ACD)

An Advance Care Directive is a legal form written by you. The law says you can only complete this form if you understand what you are doing.

An ACD can:

- Record what's important to your beliefs, care preferences, including end of life and preferred health outcomes and/or;
- Provide instructions about specific treatments in the event of a life threatening illness or injury.

The ACD is used when you can't make your own decisions.

ADVANCE CARE PLAN

An Advance Care Plan may be known by different names, for example, a **living will**. It can be written by you, for you, or with you and records your values and preferences for health care. The Advance Care Plan is used as a guide for future healthcare decisions if you can't make your own decisions.



SHARE your documents

Make sure a copy goes to your medical treatment decision maker, family, GP and local hospital.