

## Advance Care Planning My Care, My Choices

If you were suddenly injured or became seriously ill, who would know your choices on health care?



### What is advance care planning?

Age, illness or accident may at some time make it hard for you to make decisions about your health care.

Advance care planning means thinking and making choices now to guide your future health care.

Planning ahead can mean:

- Discussing your health care and quality of life choices with those closest to you and those you trust
- Writing down your choices in a Statement of Choices
- Choosing and appointing your decision makers in your Enduring Power of Attorney
- Completing your Advance Health Directive.



### Why should you plan ahead?

So that:

- The treatment and care you receive in the future can be in line with your wishes
- Your loved ones won't have to make difficult decisions on your behalf without knowing what you would have wanted
- Health care decisions made for you do not happen in a crisis only.

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**If you have strong beliefs about what you want to happen in the future it is particularly important to make your plans and your wishes known now.**

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## How advance care planning can make a difference

- It will give you the opportunity to discuss your values, beliefs and treatment preferences with your family, friends and health care providers.
- This helps your family and health care providers to choose treatment and care options for you.
- It will help you to document your wishes about future health and personal care, particularly end-of-life care.
- It can help to ensure your wishes are respected.
- It can provide peace of mind to you, your family and friends.



## Advance care planning applies across all health care services

You can take your advance care planning documents with you to all health care services to ensure your wishes are known and taken into consideration.

This includes public and private hospitals, your GP and any other health services you may access.



## Ready to start?

- Think about your future health care preferences and who might make decisions on your behalf.
- Discuss possible future health care situations with your doctor.
- Talk about your future health care preferences with your family and friends.
- Decide your future health care preferences and let your family and friends know.
- Appoint someone you trust to represent you if you are unable to speak for yourself.

The following steps are optional:

- Record your decisions by completing a Statement of Choices, Enduring Power of Attorney and/or Advance Health Directive
- Give copies of your document to those you trust (e.g. family members, close friends), your GP and your local hospital
- Provide copies of your documents to the Office of Advance Care Planning to have them included in your Queensland Health hospital record
- Review your advance care planning documents regularly.

**Record  
your wishes.  
Complete  
your advance  
care planning  
documents  
today.**

**Advance care planning  
is entirely voluntary. You can  
change your mind and your plans  
(and legal documents) at any time  
while you have capacity.**

Even if you are fit and healthy, it is never too early to plan your future health care. As part of your advance care plan, you can complete the following:

Think now.  
Plan sooner.  
Peace of  
mind later.



### A Statement of Choices

This document focuses on your wishes, values and beliefs. It helps those close to you make health care decisions on your behalf if you are unable to make those decisions for yourself. It provides comfort for you and your loved ones. To complete your Statement of Choices: speak to your GP, contact the Office of Advance Care Planning or visit [www.mycaremychoices.com.au](http://www.mycaremychoices.com.au).



### An Enduring Power of Attorney\*

This is a legal document that appoints a family member or friend (you can appoint more than one) to make important decisions for you when you are unable to do so. Forms are available online at [www.justice.qld.gov.au](http://www.justice.qld.gov.au), or you can speak to your solicitor or the Public Trustee.



### An Advance Health Directive\*

This is a legal document that states your decisions and directs your future health care in specific situations for a time when you may be unable to communicate. It needs to be signed by your doctor. Forms are available online at [www.justice.qld.gov.au](http://www.justice.qld.gov.au).

**Please note: If an interpreter/translator is involved in the signing of an Advance Health Directive (AHD) or Enduring Power of Attorney (EPOA) document, they must:**

- Be a qualified interpreter/translator registered with the National Accreditation Authority for Translators and Interpreters
- Complete an Interpreter's/Translator's Statement Form (forms are available online at [www.justice.qld.gov.au](http://www.justice.qld.gov.au)).



## Make your wishes known to your doctor, family, friends and those close to you

It can be hard to talk about what might happen if you become unwell, but it will give you and your loved ones peace of mind knowing your wishes will be respected.

We are here to help. We can:

- Post an information pack to you
- Answer your questions over the phone
- Let you know who you can speak to about advance care planning in your local area
- Add your advance care planning documents to your Queensland Health hospital record\*.

Many people find advance care planning is easier than they thought it would be. It gives them peace of mind.

\* If you wish for your advance care planning documents to be in My Health Record only you, as the record owner, can upload them via [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au).



### Contact us

#### Office of Advance Care Planning

 1300 007 227

 1300 008 227

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 [acp@health.qld.gov.au](mailto:acp@health.qld.gov.au)

 [www.mycaremychoices.com.au](http://www.mycaremychoices.com.au)

Remember to send us a copy of your advance care planning documents.



An interpreter service is available during office hours for information and resources about advance care planning in Queensland:

- Call 13 14 50
- State the language spoken
- Ask to be connected to the Office of ACP on 1300 007 227.

