

My Statement of Choices

Choosing your care before the end of life and letting your loved ones know.

If you were suddenly injured or became seriously ill, who would know your choices about the health care you would want to receive?

You can use this Statement of Choices form to write down your wishes, values and beliefs about the care that you would want in the future; to guide those close to you to make health care decisions on your behalf if you are unable to make those decisions yourself.



Torres and Cape
Hospital and Health Service
Consumer Advisory Committee

APPROVED ✓

www.mycaremychoices.com.au

Is it ever too early to plan?

Making your wishes known

It is never too early to plan for the end of life. Being prepared is a good thing. Making your wishes about future care you would like to receive is called Advance Care Planning (ACP). It allows your choices about health care to be considered before a crisis occurs.

This means thinking about and making choices now to guide your future health care. It is your choice if you make a plan or not; making one gives you the opportunity to discuss your beliefs and values with your family and your GP and helps give you peace of mind that you will receive the care you want, when you want it and, whenever possible, where you want it.

Why plan ahead?

- To have your wishes known to help guide the treatment and care you receive in the future
- To let your loved ones know what you would want if they need to make difficult decisions on your behalf

When will my advance care plan be used?

Your advance care plan may only be used if you are unable to make or communicate your own health care wishes.

What if my family member or someone I care for is currently unable to make health care decisions and they do not have an advance care plan?

A Statement of Choices can still be made for that person. Choices should be based on that person's best interests, their wishes and values and the views of their significant others. It should take into account the benefits and burdens of the person's illness and medical treatment.

Does an advance care plan apply across all health care environments?

Yes, with your permission, a copy of your advance care planning document(s) can be shared with health care services to allow your wishes to be known. This includes hospitals, community health centres, your GP and any other health facilities you may access in Queensland.

Steps of advance care planning



Step 1 Yarn

Discuss with your usual doctor your health conditions and how they may affect you both now and in the future. Discuss with your family your values, beliefs and preferences for future health care.



Step 2 Write it down

Record your wishes in an ACP document such as the Statement of Choices. You should also record who you may have already appointed to be your substitute decision-maker.



Step 3 Tell people

Share copies of ACP documents with your family, GP and hospitals. Also send copies to the Office of Advance Care Planning (see page 4 Form A & B) to share your choices with health care providers.



Step 4 Check & update

Review your preferences and values whenever there are changes in your health or life circumstances and update your ACP document(s) accordingly.

Think now. Plan sooner. Peace of mind later.

Statement of Choices

This document is values-based and records a person's wishes and choices for their health care into the future. Although the Statement of Choices is not included in Queensland law, the content can still have effect by guiding your substitute decision-makers and health professionals if you or your loved one is unable to communicate their choices.

Form A is used by people who **can** make health care decisions for themselves.

Form B is used for people who **cannot** make health care decisions on their own.

Legally-binding ACP documents in Queensland

If you have strong wishes about your future health care you should consider completing these legally-binding documents:

Advance Health Directive (AHD)

Enduring Power of Attorney (EPOA)

Talk to your Health Worker or GP to find out more.

You can also obtain further information and a copy of these documents at:
www.mycaremychoices.com.au

Order of substitute decision-making

In Queensland, when a person is unable to make or communicate their own health care decisions, there is an order of priority for substitute decision-making:

- 1. Advance Health Directive** A legally-binding document used to give consent and direct medical management in specific health circumstances.
- 2. Tribunal-appointed guardian** A guardian appointed by the Queensland Civil and Administrative Tribunal (QCAT) to make health care decisions on behalf of a person.
- 3. Attorney appointed under an AHD/EPOA** A person (known as an "attorney") appointed for personal/health decisions in an Advance Health Directive or Enduring Power of Attorney document.
- 4. Statutory health attorney** A relevant person who has automatic authority to make health care decisions in the absence of the above decision-makers. This is usually the first available, culturally appropriate adult from the following list, in order: a spouse or de facto partner in a close and continuing relationship; an adult who cares for the person but is not employed to be their carer; or a close friend or relative who is not the person's employed carer.

Statement of Choices may help guide these decision-makers

Contact information



Office of Advance Care Planning:

PO Box 2274
Runcorn QLD 4113

Ph: 1300 007 227
Fax: 1300 008 227

Email: acp@health.qld.gov.au

www.mycaremychoices.com.au

GLOSSARY OF TERMS

Capacity	Capacity refers to a person's ability to make a specific decision in a particular area of their life. A person has capacity for health care decisions when they can understand the information provided by a doctor about their health and treatment options and are able to make a decision regarding their care. The person also needs to be able to communicate their decision in some way and the decision must also be made of the person's own free will.
Cardiopulmonary Resuscitation (CPR)	Cardiopulmonary resuscitation includes emergency measures to keep the heart pumping (by compressing the chest or using electrical stimulation) and artificial ventilation (mouth-to-mouth or ventilator) when a person's breathing and heart have stopped. It is designed to maintain blood circulation whilst waiting for treatment to possibly start the heart beating again on its own. The success of CPR depends on a person's overall medical condition. On average, less than one in four patients who have CPR in hospital survive to be discharged home. ^{1,2}
Good Medical Practice	Good medical practice requires the doctor responsible for a person's care to adhere to the accepted medical standards, practices and procedures of the medical profession in Australia. All treatment decisions, including those to withhold or withdraw life-sustaining treatment, must be based on reliable clinical evidence and evidence-based practice as well as ethical standards. Good medical practice also requires respecting adults' wishes to the greatest extent possible.
Life Prolonging Treatment	Sometimes after injury or a long illness, the main organs of the body no longer work properly without support. If this is permanent, ongoing treatments will be needed to stop a person from dying. These treatments are collectively referred to as life prolonging and can include medical care, procedures or interventions which focus on extending biological life without necessarily considering quality of life. Certain life prolonging treatments acceptable to one person may not be acceptable to another.
Office of the Public Guardian	The Office of the Public Guardian is an independent statutory body that protects the rights and interests of vulnerable Queenslanders, including adults with impaired capacity to make their own decisions.
Organ or Tissue Donation	Donation involves removing organs and tissues from someone who has died (a donor) and transplanting them into a recipient who is on a waiting list. Organs that can be transplanted include the heart, lungs, liver, kidneys, intestine and pancreas. Tissues that can be transplanted include heart valves, bone, skin and eye tissue. Organ and tissue donation can save and significantly improve the lives of many people who are sick or dying. For additional information about donation and to register your wishes visit: www.donatelife.org.au
Statutory Health Attorney	A statutory health attorney is someone with automatic authority to make health care decisions for a person if they become unable to do so because of illness or incapacity. This attorney is not formally appointed; they act in this role only when the need arises. The statutory health attorney is the first available, culturally appropriate adult from the following list, in order: a spouse or de facto partner in a close and continuing relationship; an adult who cares for the person but is not employed to be their carer; or a close friend or relative who is not the person's employed carer. The Public Guardian may, under certain circumstances, become the statutory health attorney of last resort.
Substitute Decision-maker	Substitute decision-maker is a general term used to describe someone who has legal power to make decisions on behalf of an adult when that person is no longer able to make their own decisions. This may be: a person appointed in an Enduring Power of Attorney or Advance Health Directive; a tribunal-appointed guardian or a statutory health attorney.

For more information and resources visit: www.mycaremychoices.com.au

1. Morrison, Laurie J., et al. "Strategies for Improving Survival After In-Hospital Cardiac Arrest in the United States: 2013 Consensus Recommendations A Consensus Statement From the American Heart Association." *Circulation* 127.14 (2013): 1538-1563.

2. Girotra, Saket, et al. "Trends in survival after in-hospital cardiac arrest." *New England Journal of Medicine* 367.20 (2012): 1912-1920.

QUEENSLAND HEALTH
Advance Care Planning
Statement of Choices
(FORM A)

(Affix patient identification label here)

URN:

Family Name:

Given Names:

Address:

Date of Birth:

Sex: M F I

Statement of Choices

FORM A

For persons **with** decision-making capacity.

A. My Details

(If using a patient label please write "as above")

Given Names:

Family Name:

Preferred Name:

Phone:

Address:

DOB:

Sex: M F I Medicare No:

I have the following:

- | | | |
|---|-----|----|
| 1. Advance Health Directive (AHD) | Yes | No |
| 2. Tribunal-appointed guardian | Yes | No |
| 3. Enduring Power of Attorney (EPOA)
(personal/health matters) | Yes | No |

If you have a legally appointed substitute decision-maker as per 1, 2 or 3 you should fill in their details below.
If you have not appointed anyone you can still include the details of people you wish to be involved in discussions about your health care decisions in the future.

My Contacts

Name:

Phone:

Relationship:

I have appointed this person as a decision-maker in my EPOA or AHD: Yes No

Name:

Phone:

Relationship:

I have appointed this person as a decision-maker in my EPOA or AHD: Yes No

Name:

Phone:

Relationship:

I have appointed this person as a decision-maker in my EPOA or AHD: Yes No

If there are more than 3 substitute decision-makers please attach details on a separate sheet and tick this box:

please turn over...

DO NOT WRITE IN THIS BINDING MARGIN



QUEENSLAND HEALTH
Advance Care Planning
Statement of Choices
(FORM A)

(Affix patient identification label here)

URN:

Family Name:

Given Names:

Address:

Date of Birth:

Sex: M F I

My name:

B. Personal Values

Describe what you value or enjoy most in your life:

Think about what interests you or gives your life meaning.

Consider what you would like known about you when health care decisions are being made:

Think about your past experiences, wishes and beliefs or what is important to you.

Describe the health outcomes that you would find unacceptable:

*Think about what you would **not** want, including situations you consider may involve severe disability.*

Describe what would be important or comforting to you when you are nearing death:

Think about your personal preferences, special traditions or spiritual support.

Indicate the place where you would prefer to die: *(e.g. home, hospital, nursing home)*

Consider how you would want to be cared for after you die:

Think about your spiritual, religious and cultural practices; organ and tissue donation; and any other wishes that you want noted.

proceed to next page...

QUEENSLAND HEALTH
Advance Care Planning
Statement of Choices
(FORM A)

(Affix patient identification label here)

URN:

Family Name:

Given Names:

Address:

Date of Birth:

Sex: M F I

My name:

C. Medical Conditions

My current medical conditions include:

The health impacts of the conditions listed above have been explained to me and I understand them:
Yes No *If you have answered 'No' please consult a doctor before continuing with this form.*

Medical and emergency preferences

Please remember, doctors need to speak with the relevant substitute decision-maker(s) at the time a decision is made. You will always receive relevant care to relieve pain and suffering.

Life Prolonging Treatments

Cardiopulmonary Resuscitation (CPR) *(tick appropriate box)*

I **would wish** CPR attempted if it is consistent with good medical practice **OR**

I **would NOT wish** CPR attempted under any circumstances **OR**

Other:

Other Life Prolonging Treatments *(tick appropriate box)*

e.g. kidney machine (dialysis), feeding tube, breathing machine (ventilator)

I **would wish** for other life prolonging treatments if consistent with good medical practice **OR**

I **would NOT wish** for other life prolonging treatments under any circumstances **OR**

Other:

Medical Treatments

If considered to be medically beneficial,

I would wish for:

I would NOT wish for:

undecided / no preference:

A major operation
(e.g. under general anaesthetic)

Intravenous (IV) fluids

Intravenous (IV) antibiotics

Other intravenous (IV) drugs

A blood transfusion

Other:

please turn over...

DO NOT WRITE IN THIS BINDING MARGIN



QUEENSLAND HEALTH
Advance Care Planning
**Statement of Choices
(FORM A)**

(Affix patient identification label here)

URN:
Family Name:
Given Names:
Address:
Date of Birth: Sex: M F I

My name:

Statement of Choices

This document remains in place until it is updated or withdrawn.
You may indicate a time period when you want to review this document (*optional*):

6 monthly 12 monthly Other:

My Understanding

I have had this document explained to me and I understand its importance and purpose. This is my true record on this date and I request that my wishes, values and beliefs are respected. I understand that:

- **This document may only be used if I am unable to make or communicate decisions for myself.**
- My substitute decision-maker(s) and doctors may only use this document as a guide when making decisions regarding my medical treatment in the future.
- I may complete all or part of this document and that I can change my mind regarding these choices at any time.
- It is important for me to discuss my wishes with my usual doctor, my family and my substitute decision-maker(s).
- Doctors should only provide treatment that is consistent with good medical practice.
- Regardless of any decisions about cardiopulmonary resuscitation and life prolonging treatments, I will continue to receive all other relevant care, including care to relieve pain and alleviate suffering.

I consent to share the information on this form with persons/services relevant to my health as per the privacy policy and to non-identifiable information being used for quality improvement/research purposes as per the information sheet. The privacy policy and information sheet are available at: www.mycaremychoices.com.au

Signature:

Date:

Usual Doctor's Statement

As a registered medical practitioner, I believe that the person completing this form has the decision-making capacity necessary to complete this Statement of Choices. I am not an appointed attorney in this person's Enduring Power of Attorney or Advance Health Directive, a relation or a beneficiary under this person's will.

Doctor's Name:

Doctor's Signature:

Date:

Hospital or
Practice Stamp

This form was completed with the help of a qualified interpreter or cultural/religious liaison person: Yes N/A

IMPORTANT:

**To allow this document to be available to health care providers,
please send a copy of all four (4) pages of FORM A to:**



Office of Advance Care Planning

Fax: 1300 008 227

Email: acp@health.qld.gov.au

Post: PO Box 2274, Runcorn QLD 4113

For more information phone: 1300 007 227

www.mycaremychoices.com.au