



# WHAT IS AN **ADVANCE HEALTH DIRECTIVE?**

## **Quick Guide**

**An Advance Health Directive (AHD) is a legal and binding document. Doctors must follow the choices you have made in this document.**

It is a legal record of your decisions about the medical treatments you do or do not want to receive if you become unwell or injured in the future and are unable to make or communicate decisions yourself.

An AHD is only used if you are unable to make or communicate your decisions at a time when you require treatment. It can only be made by a person older than 18 years old who is able to make and communicate their own decisions at the time of making the document.



**Palliative Care**  
Western Australia  
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## The AHD has six parts:

- one is for your personal details (for example, name, address, date of birth)
- part two is about your past or current health (for example heart disease, diabetes)
- part three is about your values and choices about your care (for example, where you want to be cared for, who you want to care for you)
- part four is about your treatment decisions for the future (for example, Cardiopulmonary resuscitation (CPR), antibiotics, receiving blood)
- part five is about people who helped you complete the form (for example, brother, friend)
- and part six is about your signature and witnessing requirements.

It is always best to get advice from your doctor when completing an AHD.

Once you have completed an AHD, you should share this document with your doctor. You may also choose to share your AHD with close family or friends if you want to. This will help them know what you would want for your future care.

You can also save your document in your My Health Record. This is a record on a government internet site where information about your medical care is kept, and it means that doctors can get quick access to the document when needed.



## Where can you get help?

You can get support with your AHD by speaking to your GP or a member of your medical team.

You can also contact:

### WA Department of Health ACP Information Line

 **9222 2300**

 **ACP@health.wa.gov.au**

### Healthy WA

 **www.healthywa.wa.gov.au**

### Palliative Care WA

 **1300 551 704**

 **info@palliativecarewa.asn.au**



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