



Woman writing and sitting at table with another woman and man

WHAT IS **ADVANCE CARE PLANNING?**

Quick Guide

This is talking about your future decisions.

You might want to have a say in the health and personal care you get in the future.

But it might be hard to do this if you are unwell or cannot communicate what you want.

Advance Care Planning is when you think about what health and personal care you want in the future, then put those decisions in writing.

You can change your mind at any time.



Palliative Care
Western Australia
Living, dying & grieving well



Woman and man smiling and filling forms at a kitchen table

It is important to do this planning when:

- you feel healthy
- and can make your own choices.

Advance Care Planning can help you to:

- feel less stressed
- spend less time in hospital
- explain the care that you want
- name people you trust to make decisions if you cannot.

Thinking about Advance Care Planning

Take time to think about what is important to you now and the things you want and do not want for your future when you are unwell. For example, who do you want to make decisions for you if you cannot? What medical treatment you want or do not want (for example, Cardiopulmonary Resuscitation (CPR), antibiotics, blood transfusion) and how you want people to look after you.

Talking about your choices

Talk to your family, friends, doctor, lawyer and support people about what is important to you. They can help you when you cannot tell people what you need or want.

You can talk to your doctor if you want to know more about your health. They can tell you about the type of help you might need.

Writing your documents

It is important to write down the choices you have made. People can read your choices and know what help you want.

It is important that you pick the right document to write down your choices. You can get someone to help you understand the different documents, for example, a doctor, a lawyer, a community health nurse, family member, friend, or support person. Different people can help with different questions and advice.

Types of documents to use:

Values and Preferences Form: Planning for my future care

This document can be helpful to record what is important to you.

This can help to guide family members, care givers and doctors or nurses to understand the things that are important to you.

It does not have decisions about medical care.

Advance Health Directive (AHD)

This is a legal and binding document where you write down the type of medical treatment you want or do not want (for example, CPR, antibiotics, blood transfusion).

The instructions that you put in your AHD are only used if you cannot make or communicate choices for yourself.

Doctors and nurses must follow these decisions.

Enduring Power of Guardianship (EPG)

This is a legal and binding document where you pick someone else to make medical and lifestyle choices for you only when you cannot.

They make choices about lifestyle such as:

- where you live
- what services you can use
- what medical and personal care you can have.

Enduring Power of Attorney (EPA)

It is also important to think about your financial decisions when thinking about what you want for the future.

This is a legal and binding document where you pick someone else to make money and property choices for you when you cannot.

It does not include anything about medical care.

Sharing your documents

You should pick a safe place to keep your document. Tell your family, friends, support people, and doctors where to find it.

You can save it in your My Health Record. This is a record on a government internet site where your medical information is kept.

You can also give a copy of your documents to people you trust:

- family
- friends
- carers and support people
- doctors
- lawyer.

Where you can get help

You can get support with Advance Care Planning 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**

You can access EPA and EPG kits from

 **www.publicadvocate.wa.gov.au**

 **1300 858 455**

 **opa@justice.wa.gov.au**



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