

WHERE & WHEN IS THE ADVANCE CARE PLANNING CLINIC?

Individual appointments can be made every second Wednesday with Registered Nurse & Advance Care Planning Co-ordinator Jeanie Hurrey by calling reception on (03) 5772 0900.

Jeanie is also available to speak at community groups about Advance Care Planning. To arrange this, please contact reception on the above number.



Jeanie Hurrey

WHERE CAN I GET MORE INFORMATION?

Advance Care Planning Australia:
www.advancareplanning.org.au

National Advisory Helpline: 1300 208 582

The Office of the Public Advocate:
www.publicadvocate.vic.gov.au
Advice Service: 1300 309 337

Alexandra District Health
12 Cooper Street
Alexandra Vic 3714

Phone: (03) 5772 0900
Email: alexandra@adh.org.au
www.adh.org.au



Advance Care Planning Clinic

**Plan for tomorrow,
live for today**



WHAT IS ADVANCE CARE PLANNING?

If you were unwell, and not able to communicate your preferences for care to others, who would you want to speak for you? What would you want them to say?

Advance Care Planning (ACP) is a process in which you can document your wishes regarding medical treatment in the event you were unable to make decisions for yourself. An ACP helps guide your loved ones and health professionals to make medical treatment decisions that reflect your values and preferences.

An ACP can include appointing a Medical Treatment Decision Maker/s who can make medical treatment decisions on your behalf, and/or you can make an Advance Care Directive whereby you document your values and preferences and any specific treatments you do or don't want.

Research has shown that families of individuals who have done advance care planning have less anxiety and stress when asked to make important healthcare decisions for other people.

Advance Care Planning is for people of all ages at any stage of their lives.

HOW DO I MAKE AN ADVANCE CARE PLAN?

Be open

Think and talk about your values, beliefs and preferences for current and future health care.

What does living well mean to you?

What would be acceptable or unacceptable outcomes of medical treatment after illness or injury for you?

Decide who you would like to speak for you if you become sick and are not able to speak for yourself. Ask them if they are prepared to be your Medical Treatment Decision Maker. They will need to be prepared to advocate clearly & confidently on your behalf when talking to doctors, other health professionals and family members.

Be ready

Talk about your values, beliefs and preferences with your Medical Treatment Decision Maker and other people involved in your care such as family, friends, carers, doctors and other health professionals.

While you don't have to get help from a health professional when completing your ACP, it is a good idea to have your GP and other health professionals involved. They can advise you and help you document

Be heard

A written ACP will make things easier for your Medical Treatment Decision Maker/s if the need ever arises. It will give everyone involved in your care peace of mind that they are respecting your values and preferences.

Make copies of your ACP and store them with:

- Your Medical Treatment Decision Maker/s
- Your GP/local doctor
- Your local hospital
- Your specialist/s
- Your residential aged care facility
- myagedcare.gov.au

You don't have to give a copy to each of the above, but make sure your Decision Maker/s and your main doctor each have a copy.

You can upload a copy of your ACP into your 'My Health Record' at myhealthrecord.gov.au

Review your ACP annually, especially if there are any changes to your values & preferences.