

ADVANCE CARE PLANNING

THINKING AHEAD



the women's
the royal women's hospital
victoria australia

As a patient of the Women's, you will need to make many decisions about your treatment and healthcare. If you were very sick and could not talk, how would your doctors and family know what you want?

What is advance care planning?

Advance care planning (ACP) means to think, plan, and write down your wishes for your future health care. It can be hard to know what might happen in the future.

If you were very sick, who would talk for you and how would they know what medical decisions to make for you? Sharing your values and preferences with loved ones and your doctors, helps them to respect your choices.

Why should I do advance care planning?

Writing down your values and preferences in an advance care plan or directive, is a good way to let people know what is most important to you.

People can make **two** types of advance care directives:

- An **Instructional Directive** is binding, which means that health professionals must follow it. It lists which medical treatments you consent to or refuse.
- A **Values Directive** explains your healthcare wishes and values. It is **not** binding, but must be considered.

What advance care planning involves

Appoint

Appoint someone you trust to make decisions for you if you are too sick to make them yourself.

This person is called a Medical Treatment Decision Maker, previously known as a

Medical Power of Attorney.

If you have no appointed Medical Treatment Decision Maker and cannot make decisions because you are too sick, then the doctors will choose a person to make decisions for you from a list of people like your partner, child or parent.

Chat and Communicate

Thinking and talking about what is important to you, will help your Medical Treatment Decision Maker or family make the best decision.

Some people want to be kept alive for as long as possible.

Others may only want medical treatment if they have a good chance of a high quality of life after treatment.

Everybody is different.

Put it on paper.

You can write down your values, beliefs, and healthcare preferences as well as what treatment(s) you would and would not want.

If you write down your wishes in advance care planning documents, we will copy them and include them in your medical record to make sure your wishes are known and respected.

If you need help filling out the documents please let our staff know.

Remember: It is important to give a copy of your completed documents to:

- your Medical Treatment Decision Maker (previously called Medical Power of Attorney)
- your family

- your doctors
- any hospital you usually attend
- any team which helps look after you.

You can also upload a copy of any advance care planning documents to your “My Health Record” advance care planning section.

For a copy of Advance Care Planning forms and more information, ask your treating team.

So what do you do now?

1. **Appoint someone** to act as your medical treatment decision maker.
2. **Chat and communicate** your health care values and preferences to your Medical Treatment Decision Maker, your doctors and family.
3. **Put your medical treatment decisions on paper** as an instructional or values directive.

Acknowledgement

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