

## Start the conversation

- ◆ Choose a quiet setting.
- ◆ Talk to your family members.
- ◆ Take your time when discussing values and beliefs.
- ◆ Talk about what is important to you.
- ◆ Think about who you want to make decisions for you if you are unable to do this yourself.
- ◆ Consider medical treatments you may or may not want.



Further information is available at:  
[www.advancecareplanningaustralia.org.au](http://www.advancecareplanningaustralia.org.au)  
[www.publicadvocate.vic.gov.au](http://www.publicadvocate.vic.gov.au)

## FOR MORE INFORMATION CONTACT:

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## LET'S TALK



# ADVANCE CARE PLANNING

## Getting Started

- A **Appoint Another**
- C **Chat and Communicate**
- P **Put it on Paper**



## Our Values

- Inclusive
- Compassionate
- Progressive
- Accountable

## What is Advance Care Planning?

Advance Care Planning enables you to share with your family, doctor and those close to you, your preferences, beliefs and values with regard to your future healthcare.

- ◆ Helps to ensure that your preferences in relation to your future health care are known if you are unable to make these decisions yourself.
- ◆ Gives peace of mind to your loved ones and doctors when making treatment decisions.
- ◆ A written Advance Care Plan allows you to be heard.

To arrange an appointment with our Advance Care Planning Coordinator, please call

03 5033 9967

## What can an Advance Care Plan include?

### ◆ **Medical Treatment Decision Maker (MTDM)**

This is a legal document that enables you to appoint another person to make medical treatment decisions on your behalf, if you are unable to do so.

### ◆ **Support person**

Someone who can assist and support you when making your treatment decisions.

### ◆ **Values Directive**

A record of your wishes that involves your values and beliefs, and what is important to you.

### ◆ **Instructional Directive**

A legal statement in which you consent to or refuse any specific medical treatment.

**Be Open**

**Be Ready**

**Be Heard**

## When and why should you make an Advance Care Plan?

- ◆ Start planning when you are healthy.
- ◆ Consider what you want to say.
- ◆ Conversation is ongoing, you do not need to do it all at once. As your health changes, so might your wishes.
- ◆ Think about your life and choices.
- ◆ Consider now and the future.
- ◆ Make your wishes known.
- ◆ Help direct the aims of your medical treatment.
- ◆ Advance Care Planning is for everyone.

**Your life, Your wishes**

**Take the Journey**