



THE **Caring** CIRCLE

Advance care planning

Greater Choices for At
Home Palliative Care



What is advance care planning?

- Advance care planning is planning for your future healthcare. You can make decisions about what healthcare you would and would not like to receive if you became seriously ill and were unable to communicate your wishes. It ensures that your loved ones and health professionals know what matters to you and can respect your treatment preferences.

Do I need a lawyer to do advance care planning?

- No. Advance care planning simply starts with a conversation.
- It's an opportunity to think about, discuss and record your preferences. Ideally, this will result in your wishes being documented in a plan (known as an advance care directive) and the appointment of a substitute decision-maker.

Starting the advance care planning conversation

Advance Care Planning Australia has some helpful conversation starters such as:

- "Being able to is the most important thing to me"
- "For me, a life worth living is where I"
- "If.....happened to me, I would want....."

Resources

Empower yourself with forward planning and education. There are many resources, fact sheets and online courses to help:

- Advance Care Planning Australia
www.advancecareplanning.org.au
1300 208 582



For more information, visit:
murrayphn.org.au/thecaringcircle/

