

Advance Care Planning

My values website

The My Values website is operated by Barwon Health and funded by the Victorian Department of Health and Human Services.

My Values is free to use with no catches or hidden costs.

The website is available on your computer, tablet or smart phone.

You will need to register on the website. You will then be asked to answer a series of questions. These questions help you to think about your views towards medical treatments.

Once you complete the survey, a report will list your personal values. This report can be emailed to you. This may help you to think clearly about your wishes and assist you in the Advance Care Planning process.

The address for the My Values website is:

www.myvalues.org.au