





HOW TO GET STARTED

We can post you an information pack so you can start Advance Care Planning at home.

NEED HELP?

Contact the Advance Care Planning Program Manager at St Vincent's:

-  **Caroline Scott** - Advance Care Planning Program Manager
-  9231 2847
-  bestCARE@SVHM.org.au
-  <https://svhm.org.au/home/our-services/departments-and-services/a/advance-care-planning>

*Inspired
by
You*

Advance Care Planning

Planning your future healthcare



**ST VINCENT'S
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SOME QUESTIONS TO ASK YOURSELF:

- What would happen if you became very sick or had a serious accident and could not make decisions for yourself?
- Who will help make medical decisions for you?
- How will they know what you would want?

WHAT IS ADVANCE CARE PLANNING?

Advance Care Planning is a process of planning for your future health. This ensures those close to you and **your** healthcare team know what is important to you.

You can write down your values and preferences in an Advance Care Directive.

If there comes a time when you are too unwell to speak for yourself, your Advance Care Directive will help. It will help guide your Medical Treatment Decision Maker and your healthcare team to make the decisions that are right for you.

HOW DOES ADVANCE CARE PLANNING WORK?

ADVANCE

A Appoint a Medical Treatment Decision Maker

- A Medical Treatment Decision Maker is a person who you choose to make medical decisions for you.
- You can sign a legal form making it clear who you want to make medical decisions for you if you are too sick to do it yourself.
- You can also appoint a Support Person.
- A Support Person can help you to make your own medical decision whilst you are still able to.

CARE

C Chat and Communicate

Talk about your values and healthcare preferences with your:

- Medical Treatment Decision Maker.
- Doctor and healthcare team.
- Family, friends, carers and Support Person.
- Tell them what is important for you.

PLANNING

P Put it on Paper

- If there is something you feel strongly about, you can write it down in your Advance Care Directive.
- This makes sure your preferences are known.
- You may want to do this if you have no one to appoint as your Medical Treatment Decision Maker.