

An advance care plan may include:

- **Appointing a Medical Enduring Power of Attorney**

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

- **A record of Wishes for Future Medical Care**

This enables you to document your health care values and states your wishes relating to receiving or not receiving specific life prolonging medical treatment

- **Completing a Refusal of Treatment Certificate**

If you have a current medical condition, you may give legally binding directions about medical treatment that you do not want by completing this form.

An advance care plan or directive will not be used UNLESS you are unable to make medical decisions for yourself.

An advance care plan or directive can be changed or withdrawn at any time, as long as you are able to make and understand your own medical decisions.

A written advance care plan or directive is viewed as “the voice of the patient” and may add authority to expressed treatment options and medical care wishes being respected.



Consumer Approved

Kyabram District Health Service

Kyabram Health

Fenaughty St, Kyabram VIC 3620

Ph. (03) 5857 0200

Email. info@kyhealth.org.au

Monday - Friday; 8.30am to 5.00pm

Stanhope Health

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Monday, Tuesday, Thursday, Friday;
8.30am to 5.00pm

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Monday; 10.00am to 2.00pm
Wednesday, Thursday, Friday; 8.30am to 5.00pm



Our Values

Empathy

Wellbeing

Community

Advance Care Planning

www.kyhealth.org.au

**Healthy Community.
Local Care.**



KYABRAM DISTRICT
HEALTH SERVICE

What is advance care planning?

Advance care planning is a way for you to talk with your family, friends and your doctor about the type of medical care you would want to receive if, in the future you become seriously ill or injured.

- Talking about your health conditions early aims to help you, your loved ones and your doctors to understand what treatments you might receive in the future.
- You are able to guide your loved ones and your doctor in making medical treatment decisions for you if, in the future you are unable to make these decisions for yourself.
- Discussing your medical treatment wishes before you become ill gives you and your loved ones the opportunity to talk about what is important to you, your values, experiences, fears and preferences for end of life care.

“We all die at some point in our lives and we should have a say about it when we’re well and it’s not a threat, and that we can have some thoughts about how we would like that to happen”

Claudia Fegan, MD

Why do I need to think about advance care planning?

Medical technology advances mean that these days there are treatments that can keep you alive and prolong your life.

Some people have firm ideas about how they want to live for the rest of their life.

Advance care planning encourages you to think about and discuss:

- The person(s) who you would want to make health and lifestyle decisions on your behalf, if you were unable to do this for yourself.
- The aim of your medical treatment, based on your understanding of your current health condition.
- The things that give your life meaning, and how you want to live well for the rest of your life.
- Any medical treatments that might prolong your life that you do not want to receive.
- If you have firm beliefs which may influence your wishes for medical treatment in the final phase of your life.

How can I plan in advance?

Advance care planning involves:

- Regularly discussing your understanding of your medical condition and your treatment options with your family, GP and any other specialist that you visit.
- Talking about what is important to you, and wishes for your future care with your family, friends and significant others.
- Continuing these discussions for the rest of your life because your care wishes may change as your health and lifestyle changes.

You may also want to consider writing down your wishes in an advance care directive.

What is an advance care plan?

An advance care plan (sometimes known as an advance care directive) is a written record of your wishes and preferences about future medical treatments.

It may include statements about your values, beliefs and goals of medical treatment, and often specifically records end of life care preferences.

What should I do now?

- Talk to your family members and close friends about your desire to plan ahead
- Talk to your GP about advance care planning. Take this brochure with you and ask for more information

If you would like further information to read about visit:

www.advancecareplanningaustralia.org.au

www.publicadvocate.vic.gov.au

If you wish to book a free appointment with our Advance Care Planning team, please call (03) 5857 0200