

### Media statement

22 March 2019

#### **Maleny hosts event in support of National Advance Care Planning Week**

Sunshine Coast Hospital and Health Service (SCHHS) is hosting an event to help the Maleny community and surrounding district consider their future medical care and understand the importance of advance care planning.

The event, which is part of National Advance Care Planning Week, is being held on **Wednesday 3 April 2019** at the Maleny RSL Club from 9.30am – 12.00pm.

Event attendees will have the opportunity to discuss what living well means to them and learn how plans can be made today to provide a medical care road map for tomorrow. During the event, attendees will have the chance to prepare a Statement of Choices for discussion with their doctor.

“We want to help people prepare for a time when they may be too sick to speak for themselves and consider a scenario where family and doctors are left to make tough decisions. Advance care planning can give people a voice, ensuring they remain in the driver’s seat, regardless of what the future brings,” says Wendy Pearse, End of Life Care Project Officer.

With an ageing population, advance care planning is becoming an increasing priority for both the community and health sector. As it currently stands less than 15% of Australians have documented their preferences in an Advance Care Directive, despite the fact that 50% of people will be too unwell to make their own end-of-life decisions.

Medical Director of Advance Care Planning Australia, Dr Karen Detering is delighted to see the Maleny community getting behind the initiative.

“It’s great to see organisations like SCHHS helping people to take a more active role in their future health care. We hope that this event helps empower the people of Maleny to speak up about the kind of care they want, and ensure their preferences are heard and respected, now and into the future,” says Dr Karen Detering.

For more information on National Advance Care Planning Week please visit [acpweek.org.au](http://acpweek.org.au)

#### **Event details**

It’s always too early until it’s too late

Maleny RSL Club, Wednesday 3 April 2019, 9.30am – 12.00pm

# Sunshine Coast

## Hospital and Health Service

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Bookings essential as places are limited

RSVP: Wendy Pearse ph 5479 9833

**-ENDS-**

#### **MEDIA OPPORTUNITY**

Wendy Pearse, End of Life Care Project Officer and Jenny, advocate for advance care planning are available for interviews and photos.

**When:** 11:50am on Wednesday 3 April 2019

**Where:** Maleny RSL

**Media contact:** Alicia Temple | Alexia Kelly | 5202 0083 | 0408 713 747

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#### What is advance care planning?

Advance care planning promotes care that is consistent with your goals, values, beliefs and preferences. It prepares you and others to plan for future health care and a time when you may no longer be able to communicate those decisions yourself.

#### Key facts about advance care planning

- Almost 50% of people will not be able to make their own end-of-life medical decisions<sup>1</sup>
- Less than 15% of Australians have documented their preferences in an Advance Care Directive<sup>2</sup>
- A third of Australians will die before the age of 75<sup>3</sup>
- Most people die after a chronic illness, not a sudden event<sup>3</sup>
- Research shows that advance care planning can reduce anxiety, depression and stress experienced by families and that they are more likely to be satisfied with their loved one's care<sup>4</sup>

#### About Advance Care Planning Australia

Funded by the Australian Government, Advance Care Planning Australia is the national authority on advance care planning. The organisation supports the general public and healthcare professionals to ensure people's values and medical care preferences are heard and respected.

[advancecareplanning.org.au](http://advancecareplanning.org.au)

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<sup>1</sup> Silveira MJ, Kim SY and Langa KM. Advance directives and outcomes of surrogate decision making before death. *New England Journal of Medicine*. 2010; 362: 1211-8.

<sup>2</sup> White B, Tilse C, Wilson J, et al. Prevalence and predictors of advance directives in Australia. *Internal medicine journal*. 2014; 44: 975-80.

<sup>3</sup> Australian Bureau of Statistics. Deaths, Australia, 2016. Available at <http://www.abs.gov.au/ausstats/abs@.nsf/mf/3302.0> (last accessed 17 April 2018).

<sup>4</sup> Detering KM, Hancock AD, Reade MC and Silvester W. The impact of advance care planning on end of life care in elderly patients: randomised controlled trial. *Bmj*. 2010; 340: c1345.