

# Advance Care Planning

If you were suddenly injured or became seriously ill, who would know your choices on health care?

## What is advance care planning?

Age, illness or accident may at some time make it hard for you to make decisions about your health care.

Advance care planning means thinking and making choices now to guide your future health care.

Planning ahead can mean:

- discussing your health care and quality of life choices with those closest to you and those you trust
- writing down your choices on a Statement of Choices form
- choosing and appointing your Enduring Power of Attorney, and/or
- completing your Advance Health Directive.

## Why should you plan ahead?

- to ensure the treatment and care you receive in the future is in line with your wishes
- your loved ones won't have to make difficult decisions on your behalf without knowing what you would have wanted
- health care decisions made for you do not happen in crisis only.




## How advance care planning can make a difference

- It will help give you the opportunity to discuss your values, beliefs and treatment preferences with your family, friends and health care providers.
- It helps your family and health care providers to choose treatment and care options for you.
- It will help you to document your wishes about future health and personal care, particularly end-of-life care, and help to ensure your wishes are respected.
- It can provide peace of mind to your family and friends—and to you.



If you have strong beliefs about what you want to happen in the future it is particularly important to make your plans and your wishes known now.

Where can I get more information?

-  [www.advancedcareplanning.org.au](http://www.advancedcareplanning.org.au)
-  [www.health.qld.gov.au/sunshinecoast](http://www.health.qld.gov.au/sunshinecoast)  
[www.mycaremychoices.com.au](http://www.mycaremychoices.com.au)
-  [www.facebook.com/ Sunshine-Coast-Hospital-and-Health-Service](https://www.facebook.com/Sunshine-Coast-Hospital-and-Health-Service)



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## Advance care planning applies across all health care services

You can take your advance care planning documents with you to all health care services to ensure your wishes are known and taken into consideration.

This includes public and private hospitals, your G.P. and any other health services you may access.

## Ready to start?

- Think about your future health care preferences and who might make decisions on your behalf.
- Discuss possible future health care situations with your doctor.
- Talk about your future health care preferences with your family and friends.
- Decide your future health care preferences and let your family and friends know.
- Nominate someone you trust to represent you if you are unable to speak for yourself.

The following steps are optional:

- Record your decisions by completing a Statement of Choices, Enduring Power of Attorney and/or Advance Health Directive.
- Give copies of the documents to those you trust (e.g. family members, close friends), your G.P. and your local hospital.
- Review your advance care planning documents regularly.

Advance care planning is entirely voluntary. You can change your mind and your plans (and legal documents) at any time while you have capacity.



**Record your wishes. Complete your Statement of Choices today.**

## Think now. Plan sooner. Peace of mind later.

Even if you are fit and healthy, it is never too early to plan your future health care. As part of your advance care plan, you can complete the following:

### A Statement of Choices

This form focuses on your wishes, values and beliefs. It helps those close to you make health care decisions on your behalf if you are unable to make those decisions for yourself. It provides comfort for you and your loved ones. To complete your Statement of Choices form: speak to your G.P., contact Advance Care Planning, Community Integrated and Sub Acute Services (CISAS) or visit: [www.mycaremychoices.com.au](http://www.mycaremychoices.com.au)

### An Enduring Power of Attorney

This is a legal document which nominates a family member or friend (you can nominate more than one) to make important decisions for you when you are unable to do so. Forms are available online: [www.justice.qld.gov.au](http://www.justice.qld.gov.au) or you can speak to your solicitor or the Public Trustee.

### An Advance Health Directive

This is a legal document that records your decisions about future health care in specific situations for a time when you may be unable to communicate. It needs to be signed by your doctor. Forms are available online: [www.justice.qld.gov.au](http://www.justice.qld.gov.au)

## Make your wishes known to your doctor, family friends and those close to you.

It can be hard to talk about what might happen if you become unwell, but it will give you and your loved one's peace of mind knowing your wishes will be respected.

Many people find advance care planning is easier than they thought it would be. It gives them peace of mind.

## Contact us:

Advance Care Planning  
Community Integrated and Sub Acute Services  
Sunshine Coast Hospital and Health Service

Fax: (07) 5313 4284

or email: [SC-ACP@health.qld.gov.au](mailto:SC-ACP@health.qld.gov.au)

or P.O. Box 547, Nambour QLD 4560

Website: [www.health.qld.gov.au/sunshinecoast/](http://www.health.qld.gov.au/sunshinecoast/)  
[www.mycaremychoices.com.au](http://www.mycaremychoices.com.au)