

My Care, My Choices


If you were suddenly injured or became seriously ill, how would the medical staff know what your health care wishes are?



Empower yourself to plan for your future health care

mycaremychoices.com.au

What is advance care planning?

 Advance care planning is the process of thinking about and communicating your preferences for future health care.


Advance care plans are used in situations where you are unable to speak for yourself.

Advance care planning is voluntary and can involve:

- Thinking about and discussing your values, health care options and quality-of-life choices with those who you trust
- Appointing one, or more, substitute decision-makers to speak on your behalf, if needed
- Writing down your health care preferences in a document.


Just like making a Will, advance care planning is simply a part of planning for the future.

Why plan ahead?


-  Advance care planning can ensure:
- The treatment and care you receive reflects your wishes
 - Your loved ones know what you want if they have to make decisions on your behalf
 - Health care decisions aren't made only when a crisis occurs.

Advance care planning documents commonly used in Queensland


Advance Health Directive

 This is a legal document that states your decisions and directs your future health care in specific situations at a time when you may be unable to make decisions and communicate. It must be signed by your doctor and witnessed. Forms are available at justice.qld.gov.au.

Enduring Power of Attorney

 This is a legal document that appoints a person or people of your choice to make important decision for you when you are unable to do so yourself. It must be witnessed as well as signed by the person/s you appoint. Forms are available at justice.qld.gov.au or speak to your solicitor or the Public Trustee.

Statement of Choices

 This document focuses on your wishes, values and beliefs. It can help those close to you make health care decisions on your behalf, if needed. It provides comfort for you and your loved ones. It must be signed by a doctor. Forms are available at mycaremychoices.com.au, speak to your GP, or contact the Statewide Office of Advance Care Planning.

OACP

Statewide Office of Advance Care Planning



Ready to start planning?

Step 1 – Discuss



It can be hard to speak about what you might want if you become seriously unwell, but it can give you, and those you love, peace of mind if they know your wishes.

After thinking about your future health care preferences:

- Discuss your medical conditions with your doctor and how they may affect you in the future
- Talk about your health care preferences with your family and those close to you
- Ask a person/people you trust to become your substitute decision-maker/s, to make decisions on your behalf, if needed.

Step 2 – Record



Record your preferences and decisions by completing one or more of the following documents:

- Advance Health Directive
- Enduring Power of Attorney
- Statement of Choices.

Download these documents for free from:
mycaremychoices.com.au



Step 3 – Share



Make sure your documented health care wishes are known and available to those who care for you.

To share your choices:

- Give copies of your documents to those you trust (e.g. family members, close friends, your substitute decision-maker/s) and your health care providers (e.g. GP)

AND

- Provide copies of your documents to the Statewide Office of Advance Care Planning to be added to your Queensland Health medical record (**see over for options**).

You may also upload your documents to your My Health Record (if you have one) at myhealthrecord.gov.au.

Step 4 – Review



It is important to review your advance care planning documents on a regular basis, especially if your health status changes or if you change your health care preferences.





The Statewide Office of Advance Care Planning


The Statewide Office of Advance Care Planning, Queensland Health, is a free and confidential service for all Queenslanders to assist with the process of advance care planning, including:


- Providing advance care planning information packs and forms
- Advising you who to speak to about advance care planning in your local area
- Adding copies of your advance care planning documents to your Queensland Health medical record
- Answering all your advance care planning questions.

Contact us or send copies of documents to:

 1300 007 227

 1300 008 227

 PO Box 2274, Runcorn Qld 4113

 acp@health.qld.gov.au

 mycaremychoices.com.au

An interpreter service is available during office hours to provide information and resources about advance care planning in Queensland:

Call 13 14 50



Interpreter

- State the language spoken
- Ask to be connected to the Statewide Office of Advance Care Planning on **1300 007 227**.