



ADVANCE CARE PLANNING

Advance Care Planning Service

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GP Referrals

Fax GP Referral forms to ACCESS: 9784 2309

Disclaimer: The information contained in the brochure is intended to support, not replace, discussion with your doctor or health care professionals.

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Authorising Department: Advance Care Planning Service

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Advance Care Planning

Make your wishes known – plan ahead for your future healthcare needs



www.peninsulahealth.org.au



We are proudly inclusive.

What is Advance Care Planning?

Advance Care Planning is for everyone. It is a way to let your family and doctors know how you want to be cared for if you become unable to make decisions for yourself. It is about planning for a time when you may be very sick or frail.

Why do I need Advance Care Planning?

If you are sick or injured and cannot make your own decisions about treatment, your family may be asked to make decisions about your care such as:

- resuscitation and life support
- high risk surgery
- permanent tube feeding
- hospital or nursing home admissions

Advance Care Planning allows you to:

- make these decisions ahead of time
- discuss and write down your wishes

When should I start Advance Care Planning?

It is a good idea to plan when you are well and your health is stable. This gives you enough time to think clearly and talk about your preferences with your family and doctor.

Advance Care Planning makes things easier for those you care about and gives you peace of mind that your choices will be known and followed.

How do I make an Advance Care Plan?

There are some simple steps you can take:

- **Talk** about your views and preferences with your doctor, family, carers and close friends.
- **Appoint** a Medical Treatment Decision Maker who can make health care decisions on your behalf if needed. You can also choose to appoint a support person who has access to your medical information to help you make decisions about your care.
- **Write** down your views and preferences for your family and doctors in a document called an 'Advance Care Directive'
- **Give** copies of your Advance Care Directive to your family, doctor and hospital staff on admission.

Who can help me make an Advance Care Plan?

The Peninsula Health Advance Care Planning Service is a **free service** for people living in Frankston and the Mornington Peninsula.

How will the Advance Care Planning Service help me? We can:

- Post you an information pack
- Provide telephone advice
- Provide a face to face consultation to help you consider your preferences and complete your documents correctly
- Provide an in home consultation

Contact us today for more information or to make an appointment.

*If you live in an aged care or health care facility ask your nurse or GP for assistance.