

Contact Details

Frankston Community Integrated Health Centre
2 Hastings Road (PO Box 52)
Frankston 3199

Telephone via ACCESS 1300 665 781

Email acp@phcn.vic.gov.au

Website <https://www2.health.vic.gov.au/hospitals-and-health-services/patient-care/end-of-life-care/advance-care-planning>

GP Referrals

Fax GP Referral forms to ACCESS 9784 2309

peninsulahealth.org.au



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

Peninsula Health
PO Box 52
Frankston Victoria 3199
Telephone (03) 9784 7777
www.peninsulahealth.org.au



Advance Care Planning

Plan ahead for your healthcare and make your wishes known



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 preferences

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.
- **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.

What is the Advance Care Planning Service?

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

What will the Advance Care Planning Service do?

- Provide telephone advice
- Provide a face to face consultation to help you consider your preferences and complete your documents correctly
- Can provide an in home consultation if preferred

To access the Advance Care Planning Service:

See the back of this leaflet for contact details. You can ring to make an appointment, or ask your doctor, nurse or healthcare provider to make a referral for you.