



Contact us:
1800 225 474
catholichealthcare.com.au

“ Plan today to
have a say in your
future health care
decisions. ”

Translating and Interpreting Service:
Call 131 450 or visit tisnational.gov.au

Document translations: Visit multicultural.nsw.gov.au/document-translations (NSW) or
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Advance Care Planning

For more information
please call **1800 225 474**

What is Advance Care Planning?

Advance Care Planning (ACP) is your way to have a say about your future medical care in the event that you are unable to make decisions for yourself.

Having ACP conversations, when you are able, allows you and your family time to talk and better understand your values, beliefs and preferences during a health crisis.

Discussing your preferences and writing down what is, and is not, acceptable to you can be a gift to your family. They will not have to second-guess what you really want.

After talking, it is time to get your thoughts down on paper and create an Advance Care Plan.

**Families and carers
find it difficult to make
decisions in times of
crisis and people receive
care that they may not
have wanted.**

Frequently asked questions

When will my Advance Care Plan be used?

Only when you are unable to speak for yourself.

What if I change my mind?

You can change or revoke your Advance Care Plan at any time while you are able.

Where should I keep the Advance Care Plan?

Make sure a copy goes to your doctor, enduring guardian, family and those closest to you. If you go to hospital bring a copy with you.

Can my Power of Attorney (POA) give Health Consent?

No, the role of the POA is to manage your business, property and financial affairs.

What is a 'Person Responsible'?

It is in your best interests to understand the process of selecting a 'person responsible'. Ensure that you have considered the best person to make decisions for you when you are no longer able. Discuss your wishes with that person. If you have any doubts, you should legally appoint the preferred person as your enduring guardian.

The person responsible is determined according to the following hierarchy:

- A legally appointed enduring guardian - if none
- Your most recent spouse or de facto spouse - if none
- An unpaid carer (most often this will be a family member) - if none
- Any other relative or friend with a close and continuing relationship.

Having undertaken a conversation and documented your wishes in an Advance Care Plan, these conversations should be continued throughout the rest of your life because your wishes may change as your health and lifestyle situation change.

How do I record my preferences?

If you or your family member is living in one of our Homes, an ACP is available to you and will be discussed during a care conference shortly after admission.

I am living independently, how can I document my wishes?

There are many useful resources available to you:

- Talk about ACP with your doctor
- Obtain a free copy of the Advance Care Planning Community Workbook. Download it at www.cclhd.health.nsw.gov.au and search 'Advance Care Planning'
- Advanced Care Planning Australia advancecareplanning.org.au
- Dying to Talk dyingtotalk.org.au
- Contact the Office of the Public Guardian for Information on Appointing an Enduring Guardian. NSW: tag.nsw.gov.au. Queensland: publicguardian.qld.gov.au.

