

What next?

For an Appointment with an ACP Facilitator Contact:

Cohuna District Hospital

T: (03) 54 565 300

F: (03) 54 562 435

E: ttaylor@cdh.vic.gov.au

Once you have spoken to our staff we will follow-up with your appointment time and information on preparing for your appointment.

Your ACP Facilitator is: Tanna Taylor

Further information can be found at:

- Take Control Booklet:
www.publicadvocate.vic.gov.au/publications/121/
- Office of the Public Advocate:
www.publicadvocate.vic.gov.au
- Victorian Department of Health:
www.betterhealth.vic.gov.au/havetheconversation
- Advance Care Planning Australia:
advancecareplanning.org.au/



HEALTHY COMMUNITIES AND
WORLD CLASS HEALTHCARE

CARING | PASSIONATE | TRUSTWORTHY



**Respecting
Patient Choices**
Advance Care Planning



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Advance Care Planning

If we know your choices for future health care we are able to respect them

If you became seriously ill, had a serious accident or your health simply declined and you were approaching end-of-life and you became incapable of making or communicating your own decisions:

- What medical treatments would you want?
- Who would you want to make your medical decisions for you?

This is called Advance Care Planning.



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Advance Care Planning

Advance Care Planning (ACP)

ACP is a process that helps you to plan for your future health care and end of life care. It can help you, your loved ones, and those caring for you to discuss what is important to you and the quality of life you would want if you became unable to make your own decisions.

ACP enables the provision of appropriate care based on your beliefs, values and preferences, particularly regarding end of life medical treatment options. ACP ensures your wishes are known and respected, enhancing the quality of your care, and reducing the incidence of inappropriate, invasive and unwanted intensive medical treatments.

Making your own Advance Care Plan

The following steps are recommended to make sure your wishes are known if you became unable to make your own decisions. There are spaces throughout this booklet for you to write your thoughts and questions, to then work through with your ACP Facilitator.

6. Review it

ACP is an on-going conversation and it is good to review your document if you have recently been to hospital, or your medical condition or family situation changes. It may also mean you need to rewrite or alter your MEPOA or ACD documents. Discussing and writing down your wishes for future care will help those caring for you feel more comfortable about the decisions they make on your behalf.



it's how we care for each other

4. Write it down

At present there are no standardised forms in Victoria for an Advance Care Directive (ACD). It can be any form you find easy to use or a letter you write.

Using a form: Bendigo Health has developed its own ACD which you are welcome to use and is available from the Bendigo Health ACP Office.

Write a letter: Write a letter to your MEPOA, family and/or those involved in providing your care. Make sure you:

- Sign it
- Date it
- Have it witnessed
- Discuss it with your doctor

In some instances, you may wish to complete a Refusal of Treatment Certificate if you wish to refuse treatment related to a specific illness you may have. Your doctor needs to assist you to complete this form.

Your thoughts....

5. Give it out

To make sure your MEPOA and ACD documents can be found and actioned when needed, follow these steps:

1. Keep the original yourself
2. Provide your MEPOA and family with a copy of your documents
3. Give your GP and specialists a copy
4. Send a copy to the hospital you most regularly use and ask for it to be put in your medical record
5. Sign up to the eHealth record where you can record the holder (custodian) of your advance care plan (www.ehealth.gov.au) i.e. this may be your GP or MEPOA.

1. Think about it

Your past experiences of healthcare

Your past healthcare experiences and current beliefs can shape your views about medical treatment.

You may have had an experience with a family member or friend who was faced with making decisions for another when they were very unwell or near their end of life.

These can be difficult experiences and shape your views regarding what treatments you may or may not want in the future.

Your thoughts....

Thinking of past experiences are there things that you wish could have been done differently or that you would want done differently for yourself?

Your current health

It is important that you understand your health condition and what may happen in the future.

Your thoughts....

Thinking about your health now, list any significant health problems that concern you or questions you would like to ask your doctor.



The medical choices you make may also be based on your values and goals.

Your thoughts....

What is important to you now and in the future?

It may be helpful to create your own My Values profile at: www.myvalues.org.au

Who would you like to speak for you on your behalf?

It is a good idea to think about who you would want to make decisions about your health if you are unable to make these decisions yourself.

Many people select a close family member, but you can pick any adult whom you think could best represent you.

The person that you choose needs to be:

- Aged 18 or over
- Trusted to follow your values and instructions
- Willing to accept this responsibility
- Available if they are required
- Able to make decisions in stressful situations

Who would you like to make decisions for you if you can't make them for yourself?
Would you like other people in your family or others from your community to be involved?

Information on how to legally appoint this person is on the next page.



2. *Speak up—have the conversation*

To make sure people understand the things that are important to you and the decisions you would like to be made for you—it is a good idea to talk about it.

- Talk to those close to you
- Talk to your family
- Talk to your GP, your specialist and treating team

However, these discussions are not easy, but we are here to help you. Bendigo Health offers an in-patient ACP Facilitator and ACP outpatient clinic where you and your family can come and have help to work through this process.

Details on how to access the clinic are on the back of this brochure. If you are an in-patient, ask your nurse to refer you for ACP.

3. *Decide on who you would like to make decisions for you*

Legally appoint them to be your Enduring Power of Attorney (Medical Treatment (MEPOA))

In Victoria, the person legally appointed to make medical decisions for another person is called their MEPOA.

This person can only make medical decisions when you are unable to participate in the decision making process yourself. You can appoint a MEPOA by completing a form which is available from:

The Bendigo Health ACP Office

- Take Control Booklet
- Office of the Public Advocate (Details are on the back of this booklet)

