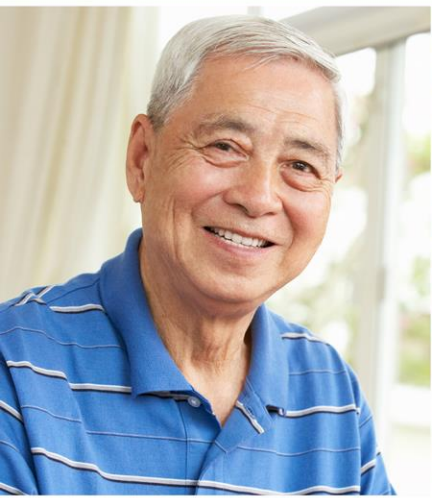


# advance care planning



## Your preferences for health care

**Julie Sutherland** Advance Care Planning Team

RN RM BN Mcouns JP (Qual)

# Today's talk

- What is advance care planning?
- Why should I plan ahead?
- How can I do this for myself or someone else?
- Questions



# What is advance care planning?

- An ongoing process of thinking and talking
- Making decisions ahead of time
- Choosing a great decision maker
- Writing down your wishes



# Advance care planning

If you were suddenly injured or became seriously ill, who would know your wishes?



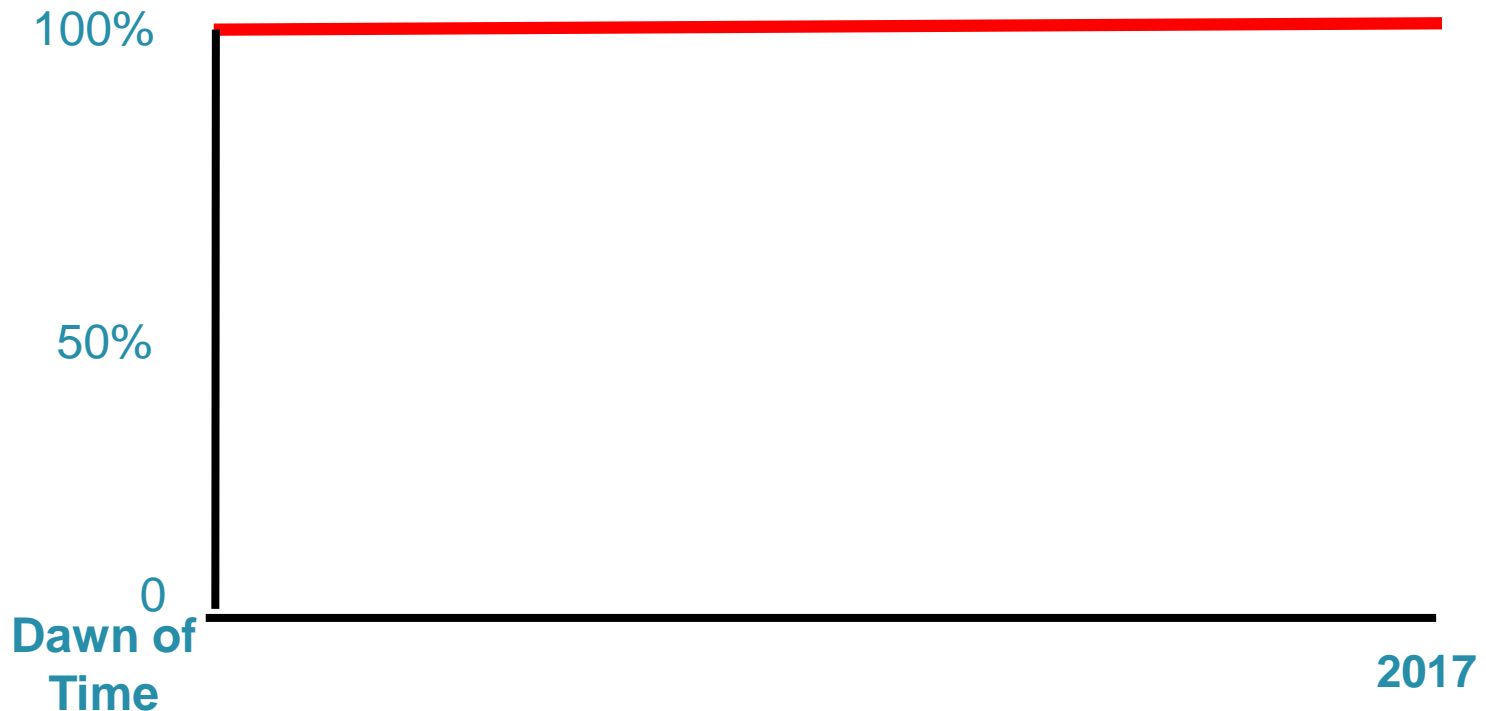
What is most important to you?



Research shows:

**Living longer...  
is not the same as having more  
youth!**

**Lifetime Risk  
of Dying (%)**



# Why should we plan?

It is actually not that easy to die ***‘peacefully’*** nowadays!

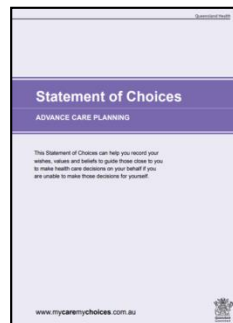






# Documents for planning

- Advance Health Directive
- Enduring Power of Attorney
- Statement of Choices – Form A or Form B
- Capacity: to understand information,  
to know the consequences or outcomes,  
to make decisions voluntarily.



# Advance Health Directive

- Legally-binding document to direct your health treatments
- Operates in particular circumstances
  - withholding and withdrawing life sustaining measures
- Discuss your health with your doctor
  - must sign with you
- Tell your decision maker your views
- Must be witnessed
- Review, two yearly
- Revoke in writing

# Enduring Power of Attorney

- Legally appoints your decision maker, “attorney”
- Choose wisely –
  - not a paid carer, not bankrupt
  - Public Trustee, Public Guardian
- Someone you trust >18, available, good in crisis
- Talk to doctors and advocate for you
- Decide how they should make decisions
  - Jointly, severally, successively, by majority, consult with
- Must be witnessed
- Revoke on a revocation form

**Statutory  
Health  
Attorney**

# Statement of Choices

- Frames the conversation, glossary of terms
- Prepared, reviewed and updated for all adults
- Not legally-binding; has effect as an expression of a person's values and beliefs
- Queensland Health document for all of Qld
- **Form A** – completed by a person with capacity
- **Form B** – for person without capacity or needing support; completed by substitute decision maker
- GP to review and sign
- Records contact information for SDMs

# How do I get the forms?

- **Statement of Choices**

- website [www.mycaremychoices.com.au](http://www.mycaremychoices.com.au)
- GPs can help
- Brochure available in other languages
- Phone Office of Advance Care Planning 1300 007 227

- **Enduring Power of Attorney**

- **Advance Health Directive**

- website [www.justice.qld.gov.au](http://www.justice.qld.gov.au)
- Some newsagents sell documents
- Lawyers / doctors can help to prepare



# Life sustaining measures

Consider:

- Your acceptable level of quality of life (afterward)
- What technology is available and acceptable
- Your health status
- Not suicide, not euthanasia
- Uncertainties, conflict referred to Public Guardian
  - Cardiopulmonary resuscitation – survival is low
  - Ventilation - in ICU
  - Artificial hydration, artificial nutrition – via tubes
  - Antibiotics

# What should I do with my documents?

- Fax / email / post a **copy** of each to:
  - Office of Advance Care Planning
- Reviewed by staff to ensure validity
- Upload to ‘The Viewer’, becomes visible and accessible within the person’s medical record
- When decisions are made the person’s wishes values and beliefs must be known
- Reviewed readily



# Aids to help you develop your preferences



DYING TO TALK CARDS



ABORIGINAL AND TORRES STRAIT ISLANDER DYING TO TALK CARDS



# Resources

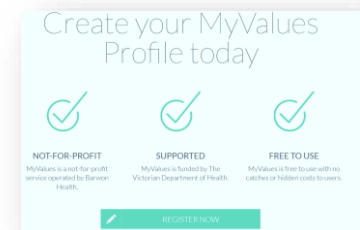


- <https://www.advancecareplanning.org.au/resources>
- <https://www.myvalues.org.au/default.aspx#.W0UqtHq6Xcs>
- <http://www.dyingtotalk.org.au/card-game/>
- <http://dyingtotalk.org.au/discussion-starter/>
- myHealthRecord – mygov
- <https://www.myvalues.org.au/default.aspx#.W0Uulnq6Xcs>

Supporting you to talk about how you want to be cared for at the end of your life.



82% of Australians think it is important to talk to their family about how they would want to be cared for at the end of their life. Only 28% have done so.



# Advance care planning

It's time **now!**

Communicate your wishes to your doctors

Provide your loved ones, and decision makers, with guidance about your wishes

[www.mycaremychoices.com.au](http://www.mycaremychoices.com.au)

