

**What if you got too sick to speak for yourself?
Who would make medical decisions for you? Do they know what you want?
Planning ahead for your medical needs is called Advance Care Planning and makes everyone
aware of your healthcare wishes.**

ADVANCE

A. Appoint Another

Did you know if you come to hospital and are unable to make your own decisions, there is a list governed by law to tell healthcare providers who to call.

If you want to choose your own medical treatment decision maker (MTDM) you can sign a legal form to make sure everyone knows who can make medical decisions on your behalf if you are too unwell to speak for yourself.

CARE

C. Chat & Communicate

Think about your own values, beliefs and wishes for your future healthcare.

Have a conversation with your family, friends, caregivers and doctors about your healthcare preferences.

Tell them what is important to you and what matters the most about your current and future healthcare.

PLANNING

P. Put it on paper

Write down your preferences in an Advance Care Directive . This form is available from the hospital or the Department of Health website and can be filled out with the help of a healthcare professional.

This helps guide others in making medical decisions if you are unable to make them yourself.

You can update, review or cancel your Advance Care Directive at any time.

It is recommended to review your plan every 1-2 years.

You can share your Advance Care Directive with your local hospital, GP, Medical Treatment Decision Maker and family. You can also upload it to My Health Record.



What is Advance Care Planning?

Advance care planning is about making your future healthcare wishes known in case you are too sick to speak for yourself. It makes sure those who are looking after you know what your wishes are and what is important to you for your healthcare.

It can help you, your loved ones and those caring for you to know what is important to you and what you want if you became unable to make your own decisions.

ACP enables the provision of healthcare based on your beliefs, values and preferences.

An Advance Care Plan also helps to ensure your wishes are known and respected. This can help your family and medical team to provide quality care and can reduce unnecessary medical treatments.

Healthcare providers may ask you on admission to hospital if you have an Advance Care Plan which may include an Advance Care Directive or a Medical Treatment Decision Maker.



Getting started

We can send you an information pack about Advance Care planning

OR

You can make an appointment with your local GP clinic.

Contact the Advance Care Planning Team for more information

Phone: 03 5454 6386

Email: acp@bendigohealth.org.au

Bendigo Hospital
Advance Care Planning Coordinator
PO Box 126
Bendigo VIC 3552

Forms and guides are available for download from the Bendigo Health website

www.bendigohealth.org.au

or the Victorian Government Health website

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

Advance Care Planning

Planning your future healthcare



Excellent Care. Every Person. Every Time.