Advantages of Planning Ahead

Planning ahead allows you to talk about and record:

- Things you would like people to know about you and what you want, if you were unable to communicate anymore.
- Things we can do to support you and your family through the later stages of your disease and end of life journey.

Trained Staff are available

Staff across all of our facilities and community services have been trained in talking about Advance Care Planning. They are happy to meet with you and your family and write down some of the important things you would want people to know about your wishes when the time comes to making those important decisions. Please ask if you would like to speak with someone.

PLANNING AHEAD PROVIDES PEACE OF MIND

Where Can I Get More Information

For further information about Advance Care Planning please contact:

Hunter Aged Palliative Care Network (HAPCN)

HAPCN, through a network of liaison nurses, has been leading the Palliative (Comfort) Approach in Aged Care for many years. Nurse representatives and other health professionals working in aged and/or dementia care services and palliative care. in the Hunter, come together to: plan and deliver education, discuss research and share resources that promote best practice in this unique area of care. Any health professional or aged care service, (whether private, government or non government) are welcome to become members of the network, attend network meetings & education as well as access the wide range of resource available on the HAPCN website. www.hapcn.com.au

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Hunter Aged Palliative Care Network

Advance Care Planning For End Of Life Care



A Guide for planning ahead...

What is Advance Care Planning?

- The process of thinking and talking about what care and medical treatments you would want to receive before you might need them and what choices and options are or will be available to you..
- Talking about your choices with carers, family and your doctor before you become unwell or unable to discuss these things.
- A guide for your doctor, carers and family if they need to make medical decisions on your behalf so they know what treatments would be acceptable and those which could be burdensome to you as an individual.
- A way of ensuring that decision making will be less stressful for those who may be asked to be your substitute decision maker.
- A way of opening up discussion about what is important to you, what might happen in the future as you age and what you might like to happen at the end of life.

An Advance Care Plan

- **Records** your wishes, choices and preferences about future medical care and treatments.
- **Documents** statements about your values, beliefs & goals of medical treatment.
- **Specifies** end-of-life care choices & preferences.

AN ADVANCE CARE PLAN

- Can be changed or adjusted at any time, as your condition changes.

You may also have an

ADVANCE CARE DIRECTIVE

- This document Is **ONLY** used if you are **UNABLE** to make medical decisions for your self.

An Advance Care Plan May Include

- Identification of your *'person responsible'* who will be your substitute decision maker.
- Specific requests for care or treatment consideration.
- Discussion about your disease trajectory and what you might expect in the future.
- Discussion about the legal appointment of an 'Enduring Guardian' who will make health & life style decisions on your behalf if you are not able to.
- Documented health care & medical treatment choices to guide others in making substitute decisions on your behalf.

