NORTHERN RIVERS GENERAL PRACTICE NETWORK
www.nrgpn.org.au ...for healthy communities

Advance Care Planning

Giving you a say in your future health care

Advance Care Planning helps you to make decisions now about your future health care in case you ever become so ill that you cannot make decisions for yourself.

Advance Care Planning involves talking to your family, your doctor and any other significant people to work out what is important to you.

It is usual to write down your choices. The written document is called an **Advance Care Directive.** It usually includes things like who to contact for advice, who not to contact and where you would like to receive care. It also describes a range of circumstances where you consent to or refuse particular medical treatments such as tube feeding, cardiopulmonary resuscitation and artificial ventilation.

You can change your mind at any time. You just need to let your doctor and anyone who has a copy of your Advance Care Directive know that your form no longer reflects your wishes.

Why is Advance Care Planning important?

- It encourages discussion about what is important to you in relation to health care
- It relieves the burden on your family or friends of having to make difficult decisions
- It guides your health care providers in making critical decisions about your care
- It ensures that your wishes regarding your care are respected

Your doctor can help

If you are interested in discussing this with your doctor, please mention to the receptionist that you wish to discuss Advance Care Planning when making an appointment.

Rev1:90027041
NRGPN gratefully acknowledges the funding support from the Australian Government Department of Health & Ageing for this program