

**Think about Advance
Care Planning today.**

**Speak to your nurse
or doctor.**

For More Information

Office of the Public Advocate (OPA) Victoria

Visit the website for information about:

- medical decision making
- making enduring powers of attorney
- ordering OPA publications

publicadvocate.vic.gov.au

Call the OPA Advice Service on
1300 309 337

Advance Care Planning Australia

Find frequently asked questions (FAQs), templates,
brochures, videos and information about ACP.

advancecareplanning.org.au

Better Health Channel

Find information about advance care planning
and a guide to the different steps involved.

betterhealth.vic.gov.au/havetheconversation

phn
NORTH WESTERN
MELBOURNE

An Australian Government Initiative

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**Who will
make medical
decisions for
you if you can't?**

**Think about Advance
Care Planning today**

If you become very sick, or have a serious accident and cannot talk to your doctor about your own treatment...

Who will help make medical decisions for you?

How will they know what you want?



Advance Care Planning is a process of planning for your healthcare, for a time when you cannot make or communicate your decisions.

Advance Care Planning can be easy with the right guidance and support network. The first steps you can take are to:



Appoint a medical treatment decision maker

You can appoint someone you trust to make decisions for you when you are unable to do so.

This person may or may not be a family member.



Chat and communicate

Talk to your family, friends and doctors about your values, beliefs and healthcare preferences. Tell them about what is important for you.

Also, talk to your doctor or other health professionals to find out more about what might be ahead.



Put it on paper

If there is something you feel strongly about, you can write it down in a written plan or directive, or in a letter describing your healthcare preferences.