

Advance Care Planning is about planning ahead for your future health care

It explores people's hopes, wishes and fears for future health care.

Things to Consider

- Where you would like to be cared for if you are unable to care for yourself ?
- Who knows you well and understands what is important to you ?
- Have you chosen somebody to speak for you if you are unable to speak for yourself ?
- What are your wishes for future health care and lifestyle choices ?
- Do the significant people in your life know what your future health care wishes and lifestyle preferences are ?

Information

For more information on Advance Care Planning, call Calvary Health Care Bethlehem on **9596 2853** and ask to speak with Cath McMahon or the after hours Coordinator if your call is before 9am or after 5pm.



Free Interpreter Service

English

When you see the interpreter symbol you can ask for help to communicate in your language.

Mandarin / 普通话

如果看到传译员的标记，您就可用母语请求他们协助沟通。

Russian / Русский

Когда вы видите знак переводчика, вы можете воспользоваться его услугами, чтобы объясниться на родном языке.

Greek / Ελληνικά

Όταν βλέπετε το σύμβολο του διερμηνέα μπορείτε να ζητήσετε βοήθεια για να επικοινωνήσετε στη γλώσσα σας.

Phone: 131 450



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Advance Care Planning

Planning ahead for your future health care



Health Care Bethlehem

Continuing the Mission of the Sisters of the Little Company of Mary

Advance Care Planning

What is Advance Care Planning?

Advance Care Planning is about planning ahead for your future healthcare, in case you are unable to speak for yourself.

Why have an Advance Care directive?

Advance care plans are intended to guide you and your Medical Treatment Decision Maker (MTDM), health care team and family members when making medical treatment decisions on your behalf.

For more information or assistance with Advance Care Planning, speak to a staff member.

Advance Care Planning Australia also has an advice line: Tel 1300 208 582

It is important and reassuring to think ahead and have early conversations about what matters to you.

Have a chat

Talk to your family, friends and health care team about your values, beliefs and healthcare preferences. Tell them about what is important to you.

Also talk to your doctors or other health professionals about what might be ahead in the future.

Appoint somebody who can speak for you

It is important to nominate a person you trust, who will listen to your wishes and uphold your preferences and values when you are unable to speak for yourself.

You can do this by signing a legal form making it clear who you want to make medical decisions for you if you are too sick to do it yourself. This person is known as the Medical Treatment Decision Maker (MTDM).

Once you have spoken to your family and healthcare team about what is important to you we can assist you to write these things down.



Put it on Paper

If you feel strongly about something, you can write it down in an Advance Care Directive and give copies to your health care team and family. Putting your wishes in writing helps your Medical Treatment Decision Maker to know what you want. It also makes it easier to communicate your wishes to the healthcare team. You can change your directive at any time. We can help you complete this form.