

# What is Advance Care Planning?

## Background

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

This helps others know what would be important for you.

Health professionals may ask if you have done advance care planning and about your Medical Treatment Decision Maker.

## Forms and guides available for download from:

[www.nh.org.au/service/advance-care-planning](http://www.nh.org.au/service/advance-care-planning)



## Contact Us

To learn more about Advance Care Planning contact our team.

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# Advanced Care Medical Planning

WHO WILL HELP MAKE MEDICAL DECISIONS FOR YOU?

# Advance

## A. Appoint Another

You can sign 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.

What would happen if you became very sick or had a serious accident and could not talk to your doctor about your own treatment?

- Who will help make medical decisions for you?
- How will they know what you would want?

# Care

## C. Chat & Communicate

Talk to your Medical Treatment Decision Maker, family, friends and doctors about your values, beliefs and healthcare preferences.

Tell them about what is important for you.

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

# Planning

## P. Put It On Paper

If there is something you feel strongly about, you can write it down in an Advance Care Directive, describing your healthcare preferences and values, or instructions for future medical treatment decisions.

You may also like to do this if you have no one to appoint.

Give copies of these documents to your Medical Treatment Decision Maker, your doctors, hospital and others involved in your care.