

What should I do with my written Advance Care Directive?

Distribute copies of your Advance Care Directive to

- Your Medical Treatment Decision Maker and/or your family
- The hospital(s) you attend
- Your GP and other health practitioners who will need access to your directive

Keep a copy of your Advance Care Directive at home in an easily accessible place known to your Medical Treatment Decision Maker and/or family.

Will I need to revise my written Advance Care Directive?

You can update your Advance Care Directive at any time to make sure it is current and continues to represent your wishes. It is recommended that you review your Advance Care Directive every two years or if your personal or medical circumstances change. If you make changes, destroy copies of your previous Advance Care Directive and distribute copies of the updated version. Write the date on the updated Advance Care Directive.

To get started...

Visit the Cabrini website at www.cabrini.com.au and search Advance Care Planning.

The Cabrini *My Advance Care Directive* form can be printed and completed at home. For your Advance Care Directive to be valid, the completed form must be witnessed as noted on the form.

For assistance or to request a copy of the form to be mailed to you, please contact the Advance Care Planning team at:

E: acp@cabrini.com.au

**P: Cabrini Social Work Department
(03) 9508 1106**

Referral to the Advance Care Planning team

If you are an inpatient, you can ask your nurse to make a referral to the Cabrini Advance Care Planning team.

A member of the team will meet with you and can assist you to think about advance care planning and your future healthcare needs.

Adapted from:
St Vincent's Hospital bestCARE Advance Care Planning
The Royal Melbourne Hospital - Advance Care Planning

www.cabrini.com.au



 **Cabrini**



Advance Care Planning at Cabrini

Reaching out with compassion, integrity, courage and respect.

Planning your future healthcare

What would happen if you became very sick or had a serious accident and could not talk to your family or doctor about your treatment or make decisions for yourself?

Who would make medical decisions for you and how would they know what you want?

What is Advance Care Planning?

Advance Care Planning is preparing for your future healthcare needs. It is a process of deciding what is important to you and writing it down. An Advance Care Directive records your values, wishes and preferences in a legal document. If a time comes when you are too unwell to speak for yourself, your Advance Care Directive will help your loved ones, and the health professionals caring for you, to make the decisions that you would choose.

The Medical Treatment Planning and Decisions Act (2016) aims to support people to make decisions about their treatment.

Four steps to an Advance Care Directive – CARE

- C** Consider your health and communicate
- A** Act and appoint a 'Medical Treatment Decision Maker'
- R** Record your Advance Care Directive
- E** Ensure each Directive is respected



C Consider your health and communicate

Think about your healthcare preferences and talk to your

- Family and friends
- Medical Treatment Decision Maker
- Doctor and/or GP

Tell them about your goals, values and beliefs; tell them what is important to you.

A Act and appoint a Medical Treatment Decision Maker

Appoint a person you know and trust to be your Medical Treatment Decision Maker. This person will listen to your plans and goals for future healthcare and will faithfully represent you. Your Medical Treatment Decision Maker can make medical decisions for you if you are too sick to make them yourself.

R Record your Advance Care Directive

You can use the Cabrini *My Advance Care Directive* form to record your healthcare preferences.

Some people are willing to try any treatment offered, while others may prefer to avoid certain treatments if they are burdensome.

In an Advance Care Directive you can give guidance about your preferences using two types of statements:

- Values directive – general statements about your preferences and values
- An instructional directive (about a particular medical treatment)

E Ensure each Directive is respected

If a time comes when you are unable to communicate or make your own medical decisions, your Advance Care Directive will be used to guide your Medical Treatment Decision Maker and doctors to make decisions which you would otherwise make for yourself.