

Planning your future care today

A simple guide about advance care planning



1

Think about your personal values, beliefs and future health care preferences

Your personal values and beliefs guide what matters most to you and shape the decisions you make. Consider what you would need to live meaningfully and the care you would want if you could no longer speak for yourself.



2

Start the conversation with your doctor and loved ones

Talk to your doctors and loved ones about your wishes and preferences for care so they understand the decisions you would want made. Choose someone you trust to make medical decisions on your behalf if you are unable to communicate.



3

Document your preferences

Complete and sign your advance care planning documents such as the Enduring Power of Attorney (EPOA), Advance Health Directive and Statement of Choices. You must be over 18 and able to understand, consider and communicate your decisions.



4

Share your Advance Care Planning documents

Once your documents are completed and witnessed, keep the originals in a safe place and give copies to the Statewide Office of Advance Care Planning, your GP, trusted family or friends and anyone involved in your care. You can also upload them to My Health Record so your healthcare providers can access them when needed.



5

Review and update your documents as needed

Review and update your Advance Care Planning documents whenever your health, circumstances or preferences change or if you appoint a new attorney. Keep your documents up to date, noting that Enduring Power of Attorney and Advance Health Directive forms cannot be changed after they have been witnessed.

Looking for more information?

The GCPHN Aged and Palliative Care team is available -
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