

My future care

We all want to have a say in what happens in the last part of our lives. By making plans that cover your future care, lifestyle, health and finances, you're not only working out what you want, you are also making things easier on those around you.

This process is called Advance Care Planning.

It's important to start Advance Care Planning **early** in life when you can speak and decide for yourself. And remember you can review and **change** your **choices** and documents to suit changes in your personal situation, health or lifestyle.

Below is an outline on what's involved in Advance Care Planning, some information on the documents and tools you can use, and where you can go to learn more.



Tools and documents

Here are some tools and documents for Advance Care Planning in Western Australia.



Wishes document (Advance Care Plan)

A wishes document (or Advance Care Plan) is a record of what you value and what you want for your care in the last stage of life. It can include where you want to live, medical treatment, and other things that are important to you. It is recognised as a common law directive.

www.health.wa.gov.au/advancecareplanning



Making a will

A will is a written, legal document that says what you want to do with your money and belongings when you die. Make a new will when you have life changes (e.g. marriage, children, financial changes).

www.publictrustee.wa.gov.au



Organ and tissue donation

You can register to donate your organs and tissue when you die. It's important to talk to your family if you want to be an organ and tissue donor, as relatives will be asked to agree.

www.donatelife.gov.au/decide



Enduring Power of Attorney (EPA)

In WA an enduring attorney is the person you ask to make property and financial decisions for you if you are no longer able to make or communicate your decisions. Enduring Power of Attorney only relates to decisions about money and property, not medical decisions. An EPA ends when you die.

www.publicadvocate.wa.gov.au



Enduring Power of Guardianship (EPG)

In WA an enduring guardian is the person you ask to make personal, lifestyle and treatment decisions for you if you can no longer make or communicate what you want. An EPG ends when you die.

www.publicadvocate.wa.gov.au



Advance Health Directive (AHD)

An Advance Health Directive is used to record the medical treatments and procedures that you want to have or don't want to have in the future. This form is only used if you're not able to communicate what you want. An AHD is a legally binding document.

www.health.wa.gov.au/advancecareplanning



Where to from here?

Attend a free Advance Care Planning workshop run by Palliative Care WA.

Contact **1300 551 704** or

info@palliativecarewa.asn.au

to find one near you, or to organise one for your community group or organisation.

Take a look at these websites:

www.myvalues.org.au

www.palliativecarewa.asn.au

www.health.wa.gov.au/advancecareplanning

www.advancecareplanning.org.au

Contact the **Palliative Care**

Helpline on 1800 573 299 with questions on Advance Care Planning.