

# Advance Care Planning checklist

## How prepared are you?



**Palliative Care**  
Western Australia  
*Living, dying & grieving well*

Circle Yes or No for each question, then add up the number of Yes responses and see your results over the page.

**Have you** thought about your health, lifestyle and financial wishes for the last stage of your life? **Yes / No**

**Have you** talked with those closest to you about your wishes? **Yes / No**

**Do you** have a signed will? **Yes / No**

**Do you** have an Enduring Power of Attorney? **Yes / No**

**Do you** have an Enduring Power of Guardianship? **Yes / No**

**Do you** have an Advance Health Directive (AHD)? **Yes / No**

**Have you** uploaded your AHD to My Health Record? **Yes / No**

**Have you** shared certified copies of your forms with those nominated in the forms? **Yes / No**

**Are your** documents stored in a safe place where they will be accessible to those closest to you? **Yes / No**

**Have you** registered online to be an organ donor, if you want to donate? **Yes / No**

**Do you have** plans for your funeral? **Yes / No**

**Do you have** a list of passwords, and have you documented what you wish to happen to your social media accounts? **Yes / No**

## What did you score?

0 – 3

You have some work to do. You could benefit from looking at the questions you answered no to and creating a plan to further prepare for the end of life. Start simply and work gradually. Do a little at a time as you feel comfortable

4 – 6

Good work. You've done some planning for the end of life, and this will help you and your loved ones. This checklist can help you see the next steps to take.

7 – 9

Excellent! You have a substantial plan for the end of your life. What are the next steps you'd like to take?

10 – 13

Congratulations! You've done an outstanding job preparing for the end of life. You are giving yourself a voice at a time when you may not be able to speak for yourself, and you're making things easier for those around you. Are there any other areas you'd like to consider?

Journey well!



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