

Planning the legal decisions:

When you are facing a serious illness, there may be a need for someone else to make decisions on your behalf if you are unable to do that yourself.

You may have specific considerations, such as:

- When the time comes, where you would like to receive care (home, hospital, aged care facility?)
- What does your end-of-life care look like, have you spoken with a health professional about it?
- Who would you want to be with you when you die?
- Have you got an advanced care plan?
- What would your advance care plan and/or directive contain? Perhaps it could include instructions about artificial nutrition and/or artificial respiration.
- Who will you choose as your substitute decision maker if you are unable to speak for yourself?

Once you have thought how you want to be cared for at the end of your life you need to document your wishes.

It is important to share your plan and write it down this ensures your loved ones know your wishes in advance.

This can be done with an Advanced Care Plan or Advance Care Directive.

An Advance Care Directive is a type of written Advance Care Plan. It is recognised by common law or specific legislation and is completed and signed by a competent adult.

The Advance Care Directive can record your preferences for future care and appoint a substitute decision maker if you are unable to make or communicate your decisions. The Advance Care Directive would then be used to guide the decisions made by the medical staff in consultation with your appointed substitute maker and family.

These documents are important and your support people and carers need to know where to find them. Please use the “Care Plans, Power of Attorney and Wills” form in the Care Plan section to record these. You may also store a copy of these documents here if you wish.