

Planning for your care:

When you are facing a serious illness, it is important for you to understand your condition and your choices for care. Palliative care can offer you relief from symptoms and improve your ability to tolerate medical treatments. More than this, it can also assist you and your family to carry on with everyday life and planning how you want to live during the final stages of life, is an ongoing process.

Talking about end-of life care is different for everyone. Some people find it overwhelming and confronting others may be more accepting.

Questions to think about for yourself:

What's important to you when it comes to preparing your end-of-life care?

Once you consider what is important to you, you can inform those closest to you of your wishes for care should you be living with a life-limiting illness.

If you haven't previously considered your end-of-life care options, you may want to start by thinking about:

- What do you want for your end-of-life care?
- Would your loved ones know what you want for your end-of-life care?
- Who would make decisions about your end-of-life care if you were no longer able to?

You may have other more 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.

Please see the “Legal Stuff” section in this folder for further information on completing an Advanced Care Plan and appointing a decision maker.