

## What is Advance Care Planning?

Advance Care Planning is about planning ahead for your future healthcare needs. It is also about letting your family and doctors know what you prefer for your future care.

This is in case you are sick or injured and are unable to tell us what you want. Also it is in case you are too unwell to make decisions for yourself.

There are three simple steps:

1. **A – Appoint** someone to be your ‘Voice’.
2. **C – Chat** and talk with your family, friends and doctor about your values and health care wishes.
3. **P – Put** it on paper, write down your wishes for future treatments.

Please give a copy of your Advance Care Plan to your doctor and to your local hospital.

For more information or help with Advance Care Planning, talk to your local GP or the team at your health clinic, or ask a hospital staff member.

Additional resources  
are available from  
Advance Care Planning Australia  
[www.advancedcareplanning.org.au](http://www.advancedcareplanning.org.au)

Or for more information talk to your  
GP, or visit our website  
[http://www.wghg.com.au/WGHG/  
Content/Patient-Information/Advance-  
Care-Planning](http://www.wghg.com.au/WGHG/Content/Patient-Information/Advance-Care-Planning)

---

Please forward a copy of your  
completed Advance Care Plan to:

Medical Records  
West Gippsland Healthcare Group  
41 Landsborough Street  
WARRAGUL VIC 3820

Last Updated: March 2017

# Who is my Voice?

## Who can speak for me when I can't?

## Advance Care Planning



**WEST GIPPSLAND  
HEALTHCARE GROUP**

*Caring for our Community*

# WHO IS MY VOICE?

Do I have someone who can speak for me if I am unable to make decisions?

↓  
YES

↓  
What is their name and how are they related to me?

↓  
Have you asked the person to be your Voice?

↓  
Tell your family and doctor who your Voice is.

↓  
NO

↓  
Who do I trust? A family member or friend?

↓  
Think about who you might want as your Voice.

↓  
Does your Voice know what is important to you?

What are your values and beliefs? What care and treatment would you want?

Who would handle your family, money and medical decisions?

**MAKE SURE YOUR VOICE CAN BE HEARD AND KNOWS WHAT YOU WANT!!**

Take these thoughts and talk to someone at your GP/Health Service.