

This workbook was developed by the Monash Health Advance Care Planning Service

## Planning ahead for your medical treatment A workbook to help you get started



### How can planning ahead help you?

Having to think about a time when you may not be able to make decisions about your medical treatment can be difficult.

The planning process can give you peace of mind in the knowledge that:

- Your wishes will be clear
- People who are important to you will know what decisions to make on your behalf, should the need arise.

### Making a plan for your future health care involves the following steps:

1. Thinking about what is important to you in life
2. Talking to your family and the people close to you
3. Getting information from your doctor
4. Writing down your wishes in a legal document
5. Making sure family, your doctor and the hospital have a copy of your documents.

This workbook will help you start thinking about what you might want for your future medical treatment.

- Write down your thoughts in the spaces provided.

**1. Decision making**

If you were unable to communicate your wishes regarding medical treatment:  
**Is there someone you would like to speak on your behalf?**

Thinking about this person.....

- Do they know me well?
- Do they know my wishes / choices for future medical care?
- Would they be willing and available to speak on my behalf?

*Write their name/s in here*

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**2. What is important to you in life? What makes your life worth living?**

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**3. What is your health like now? List any problems you may have**

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**Does your health affect your daily life? In what ways?**

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You might like to complete the “thought provoking exercise” on the next page to help you with questions 4, 5 and 6

**4. Are there any situations where you would prefer to have medical treatment aimed at keeping you comfortable and be allowed to die naturally?**

- Can't answer this question now
- No
- Yes, I wouldn't want to be kept alive if:

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**5. Are there any medical treatments that you definitely would not want?**

- No
- Yes – please state

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**6. If I am nearing the end of my life the following things would be important to me:**

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**Next steps**

If you feel ready to talk more about your decisions, talk to your family or GP Clinic

- Bring this worksheet with you
- Write down any questions you may have

**My questions**

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## A thought provoking exercise

This worksheet will help you think about and express:

- The things that matter to you
- Your beliefs and values
- What makes your life worth living

<b>Instructions:</b> For each row, check ✓ one answer to express how you would feel if this factor <u>by itself</u> describes you.	Life like this would be:			
	Difficult but acceptable	Worth living, but just barely	Not worth living	Can't answer now
I can no longer walk but can get around in a wheelchair				
I can no longer get outside – I spend all my day at home.				
I can no longer contribute to my family's well-being				
I am in severe pain most of the time				
I have severe discomfort most of the time (such as nausea, diarrhoea, shortness of breath)				
I need someone to help take care of me all the time				
I can no longer control my bladder				
I can no longer control my bowels				
I live in a nursing home				
I can no longer think clearly- I am confused all the time				
I can no longer recognise my family and friends				
I can no longer talk and be understood by others				
My situation causes severe emotional burden for my family (such as feeling worried or stressed all the time)				
I am a severe financial burden on my family				
Other (write in)				
<b>Organ and tissue donation</b> For more information go to the Donate Life website: <a href="http://www.donatelife.gov.au">www.donatelife.gov.au</a>	<b>Registered as a donor</b>	<b>Would Consider</b>	<b>Not interested</b>	<b>Unsure</b>