

Advance Care Planning resources for consumers

A = Appoint an Agent, C = Communicate your wishes, P = Put it on Paper

Advance Care Planning Australia website

Provides detailed information about how to engage in Advance Care Planning (ACP). It includes: information on legislative differences in Australian states and territories; templates for creating a written ACP; and a list of 'frequently asked questions'.

<http://advancecareplanning.org.au/>

Advance care plans: Better Health Channel Victoria

Department of Health and Human Services website for consumers, which provides: step-by-step instructions for ACP; a template for writing down your wishes; and links to further information and specific hospital ACP websites.

<https://www.betterhealth.vic.gov.au/health/servicesandsupport/advance-care-plans>

Alzheimer's Australia – tools for planning ahead

A range of tools developed for people diagnosed with dementia but equally helpful to anyone wanting to plan ahead. The tools can help you: think about your future; sort out your finances; decide who will speak for you if you can't speak for yourself; express your health and care wishes and discuss these with your loved ones and with health professionals

start2talk.org.au

Dying to Talk – discussion starter for ACP

82% of Australians think it is important to talk to their family about how they would want to be cared for at the end of their life. However, only 28% have done so.

The Dying to Talk discussion starter is a very useful guide for thinking about what matters to you and discussing this with your family and health care professionals. You can type directly into the electronic template and then save a copy and print it.

<http://dyingtotalk.org.au/>

My Values

My Values is an interactive online package that helps you create a profile that explains your values regarding life, death and medical intervention. You can save and print a report and also share your report electronically with your loved ones and medical practitioner.

<https://www.myvalues.org.au/>

Advance Care Planning | A Family's Journey

This 15 minute [video](#) is part of the "[planning ahead tools](#)" from the New South Wales Government. Other videos are available that discuss Powers of Attorney, writing an Advance Directive, advance care planning for people with dementia and case studies of personal experience. Information is available in a range of languages.

<http://planningaheadtools.com.au/> or call 1300 887 529

Victorian Office of the Public Advocate

The Office of the Public Advocate provides: advocacy services; community education; and advice on a range of matters that affect people with disability. Find information about: making Powers of Attorney; medical consent; and refusal of treatment. Information is available in a range of languages.

<http://www.publicadvocate.vic.gov.au/> or phone 1300 309 337