

If you ever became seriously ill or had a serious accident, and were unlikely to recover, what sort of medical treatment would you want?

Have a say in your future medical treatment...

.....Ask your General Practitioner.



If you would like further information on Advance Care Planning please contact your General Practitioner.

Available at Tallangatta Health Service.

- Planned Activity Group
- Acute Hospital Care
- Asthma Education
- Bolga Court : Residential and Respite Care
- Diabetes Education
- Dietician
- District Nurse
- Exercise Classes, and Strength Training
- Home and Community Care
- Lakeview Nursing Home Residential Care
- Medical Centre
- Men's Shed
- Meals on Wheels
- Occupational Therapist
- Nutritionist
- Pathology
- Physiotherapy
- Podiatry
- Room Hire
- Social Worker
- Women's Health
- Health Promotion

**For More Details:
Telephone Reception
02 6071 5200**

ADVANCE CARE PLANNING



**PO Box 77
25 Barree Street
Tallangatta
VIC 3700**

**Phone: 0260 71 5200
Fax: 0260 71 5293
Email: THS@ths.vic.gov.au
www.tallangattahealthservice.com.au**

What is an Advanced Care Plan?

- Advance Care Planning is a process which offers the individual the opportunity to discuss with their family members and general practitioner the choices for care at the end of life. The important issues concerning the questions, fears and values are explored. As the issues are uncovered, the information can be translated into an action plan, called an Advanced Care Plan.

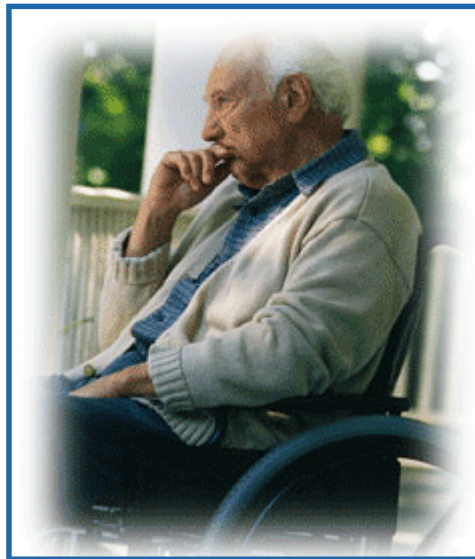


Advance Care Planning aims to:

- Promote an individual's understanding about treatment options available to them
- Assist individuals to document their wishes and preferences about future medical treatment, particularly end-of-life treatment, in an Advanced Care Plan
- Ensures that documentation is transferable so that it goes with individuals to other health care services

Why do I need an Advanced Care Plan?

The emergence of medical technology enables an increased ability to keep people alive by mechanical or artificial means. Through age, illness or accident, people can lose their capacity to understand the nature and consequences of proposed medical treatment. Health care decisions then fall to families, friends and physicians who may not be aware of the patient's wishes. The opportunity to make decisions in advance of incompetence is particularly relevant for the increasing number of elderly people who may not want their death postponed unnecessarily nor wish to be transferred to an acute hospital setting when they are dying. To know that one's wishes will be respected can be of comfort to patients and their families.



Can I change or revoke my Advanced Care Plan?

You can change or revoke your plan at any time. If you change your mind, tell your general practitioner and family. Change all copies of the document. It is recommended that Advance Care Plans be updated every few years. To revoke the document, write down the revocation on paper, sign and date it, and have witnesses sign also. Notify all those involved in preparation of the original document.

You can plan ahead

- Discuss your medical condition and treatment options with your General Practitioner and/or specialist
- Talking about your wishes and values about your future care with your family and friends
- Recording your wishes in an Advance Care Plan

For more information, you can also contact:

Department of Health
Phone: (03) 9096 7093

Office of the Public Advocate
Phone: 1300 309 337