

Advance Care Planning resources for consumers

A = Appoint another, 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; conversation starters; and a list of 'frequently asked questions'.

<http://www.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 Advance Care Planning; 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

CareSearch

Palliative care information for patients, carers and families to help them understand what is happening and make decisions. Links to printable factsheets and other resources.

www.caresearch.com.au

Dying to Talk – discussion starter for ACP

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 or print a copy and write on it.

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

Go Wish

The Go Wish card game is designed to help you find words to talk about what would be important if you were living a life that may be shortened by serious illness. The game is available as a free online version or packets of cards are available to purchase.

<http://www.gowish.org/>

Hello

The Hello game can help you start a conversation with your family and friends about what matters most to you with regard to wills, Advance Care Directives and funeral preferences. It is suitable for people aged 13 and over.

<http://commonpractice.com/hello>

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/>

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: writing an Advance Care Directive; appointing a medical treatment decision maker; and medical consent.

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