



Here we are caring for a really sick one who can't be fixed or might be dying. This is for when the medical boss (maybe a doctor or a nurse) says, 'Oh, that person, can't make it now'. Then family may say – 'We are keeping them' and ask for them back – 'We gonna look after this one'. Then they 'sit down' and talk it through.



Artist: Wendy Waye

Thank you to the Yiriman Women's Art Project.

* An Enduring Power of Guardianship form enables the appointment of an enduring guardian. An enduring guardian is someone who can make personal, lifestyle and treatment decisions for you, when you no longer can.

† An Enduring Power of Attorney form enables the appointment of an enduring attorney. An enduring attorney is someone who can make financial and property decisions for you.



Interpreting service – please ask for an interpreter if you need help to speak to a health service in your language.

Department of Health WA (Advance Care Planning Information Line)

General queries and to order free advance care planning resources

Phone: **9222 2300**

Email: **ACP@health.wa.gov.au**

Website: **healthywa.wa.gov.au/
advancecareplanning**

This document can be made available in alternative formats on request for a person with disability.

Produced by End-of-Life Care Program
© Department of Health 2022

Copyright to this material is vested in the State of Western Australia unless otherwise indicated. Apart from any fair dealing for the purposes of private study, research, criticism or review, as permitted under the provisions of the *Copyright Act 1968*, no part may be reproduced or re-used for any purposes whatsoever without written permission of the State of Western Australia.

WCP-013431 JUL22

Advance care planning

Planning for your health care



If you become very sick or have a serious injury, who will help make care decisions for you?

Advance care planning

What is advance care planning?

Advance care planning is about planning for your future health care. An Advance Health Directive is for people 18 years and above but advance care planning can be for anyone. This 3 step process will help you decide what to ask, who to ask and how to put your plan into action.

1. Ask



Ask about:

- your health care options
- what can happen down the track
- where to go for more help
- who you can yarn with.

Remember

You can ask for an interpreter, if needed.

2. Yarn



You can talk with anyone:

- loved ones, family, friends, work mates
- doctor or nurse or anyone you see about your health
- spiritual leader or adviser
- community support network
- enduring guardian*
(if you have appointed one).

* An enduring guardian is someone who you can appoint to make personal, lifestyle and treatment decisions for you, when you no longer can.

3. Do



You can:

- tell others about what is important to you
- keep the conversations going
- put it in writing:
 - Advance Health Directive
 - Values and Preferences Form: Planning for my future care
 - Enduring Power of Guardianship*
 - Enduring Power of Attorney†
 - Will.

You can update this as you go along.