



### **Advance Care Directives**

You can record your healthcare wishes in a document called an ***Advance Care Directive***.

This will only come into effect if you are unable to make decisions for yourself and will guide your treating team and medical treatment decision-maker to make decisions that respect your values and preferences.

Forms for appointing a medical treatment decision-maker and completing an Advance Care Directive in Victoria can be found online:

[www.advancecareplanning.org.au/create-your-plan/create-your-plan-vic](http://www.advancecareplanning.org.au/create-your-plan/create-your-plan-vic)

You can also ask for forms to be sent to you, by calling the **National Advisory Service** on **1300 208 582**.

The service is available Monday to Friday from 9am to 5pm.

More information on advance care planning, can be found: [www.advancecareplanning.org.au](http://www.advancecareplanning.org.au)

It is a good idea to keep your Advance Care Directive in this folder, but also share a copy with your medical treatment decision-maker, family, friends, carers and your doctors. This will help ensure everyone knows what you want.

It is also important that you review your plan regularly and update it as needed.

### **Preparing a will**

This is a legal document that states who you would like to receive your possessions, money and property. Your Will may also contain your funeral instructions.

Your thoughts may change over time, so it is good to keep others informed of any changes.

If you have already prepared such legal documents, it is important to tell your family and significant others where these documents are kept.