

What is Advance Care Planning?

Advance Care Planning (ACP) is the process of planning for your healthcare and personal care needs.

Should you fall too ill to communicate or make treatment decisions, your Advance Care Plan helps your medical team and chosen spokesperson to make decisions that are in your best interests.



Why is ACP important?

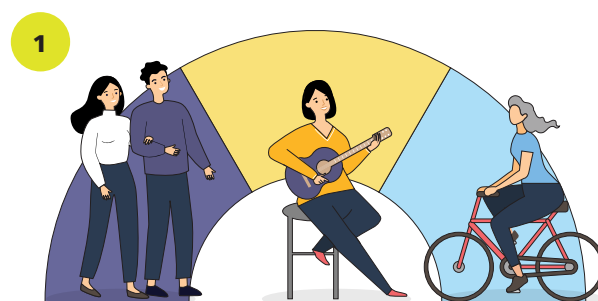
Sometimes, we may encounter a medical crisis which impairs our own capacity to make decisions. In such cases, we may need our loved ones to participate in decisions related to our health and personal care.

Should this happen, ACP helps you to communicate your values and healthcare preferences to your loved ones, and your care team.

ACP helps to avoid guilt, stress and conflicts among your loved ones – as your choices guide them towards making important care decisions for you.



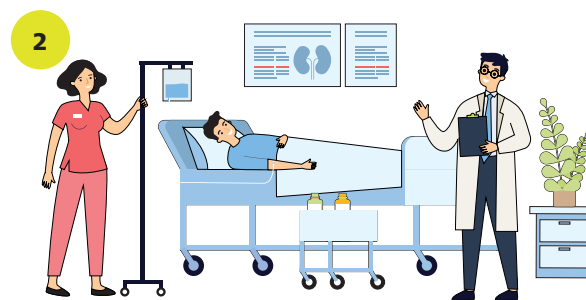
What does your ACP include?



Living matters

By knowing what brings meaning to your life, your loved ones will understand what “quality of life” really means to you.

This may include important life values, relationships, activities or hobbies.



Medical matters

You can decide what treatments you wish to have, or prefer not to have.

Topics that may be discussed:

- Pain control options
- What to do should your heart suddenly stop



If you are seriously ill, you may be asked to consider:

- Life support treatments
- How you would like to be cared for
- Where you would like to spend your last days



Nominated Healthcare Spokesperson

You may appoint up to two persons to be your Nominated Healthcare Spokesperson. They can support one another and work together in your best interests.

If you are making a Lasting Power of Attorney, consider making your Nominated Healthcare Spokesperson and donee the same person.