

What is Advance Care Planning?

Advance Care Planning is a way to let your family and doctors know how you want to be cared for if you become unable to make decisions for yourself.

It is about planning for a time when you may become seriously ill or frail.

Who is Advance Care Planning for?

Advance care planning is relevant to everyone but is particularly important for people who would benefit from support to articulate their wishes for future treatment and care.

These include:

- Aged and older people.
- People of any age with chronic progressive and life limiting conditions.
- People approaching end of life.
- People at risk of conditions such as stroke or heart failure.
- People with early cognitive impairment.
- People undergoing medical or surgical treatment should have the opportunity to discuss advance care planning.

When should I start Advance Care Planning?

Ideally an Advance Care Plan should be made when you are well or your health is stable.

Therefore you are able to think clearly and have the time to talk with your family and doctor of what your choices are.

Making the Advance Care Planning document will take away the extra stress and burden on your family as your wishes will be able to be carried out

Can my Advance Care Plan be changed?

You can change your Advance Care Plan at any time. Just be sure you give your family, doctor and hospital a copy of the new Advance Care Plan.

When is an Advance Care Plan used?

The Advance Care Plan is only used if you are unable to make your own decision.

Where can I get more information on Advance Care Planning?

Speak to your local doctor

Search online

www.advancecareplanning.org.au

Download the

[Victorian Advance Care Plan Template](#)

Advance Care Planners are available to assist community members living in the Birchip, Charlton, Donald, St. Arnaud and Wycheproof communities

The Advance Care Planners can advise and assist you with preparing your Advance Care Plan, this is a free service provided by East Wimmera Health Service.

Contact your local Campus for a referral to an Advance Care Planner or contact

Central Intake on 5477 2222



Our Mission: To provide health services that support healthy communities.

Our Vision: To be one of the healthiest communities in rural Victoria.

Our Compliments, Concerns or Complaints (CCC) system helps us to evaluate and improve the quality of our services. You can choose to:

- Speak to any EWHS staff member in person
- Obtain a Feedback Form from any Campus Reception
- Download a Feedback Form from our website www.ewhs.org.au

Culture, Communication and Language:

Any difficulties you may have with understanding and speaking about your needs should not prevent you from accessing our services – please be aware that we can offer additional support and options to assist you.

Privacy and Confidentiality: We recognise that personal information which we obtain from you is confidential and we will:

- Only use this information for the reasons that it is collected
- Share it with only those that you give consent to.

These services are jointly funded by the State and Federal Governments.

Campuses are located at:

Birchip Campus
28 Duncan Street
Birchip 3483
Ph: 5477 7100

Charlton Campus
4 Learmonth Street
Charlton 3525
Ph: 5477 6800

Donald Campus
1A Aitken Avenue
Donald 3480
Ph: 5478 6200

St. Arnaud Campus
52 North-Western Road
St. Arnaud 3478
Ph: 5477 2100

Wycheproof Campus
19 Grandview Street
Wycheproof 3527
Ph: 5478 0700



East Wimmera Health Service

Cultivating Healthy Communities

Phone: 5477 2100
Fax: 5477 2131
Email: intake@ewhs.org.au

ADVANCE CARE PLANNING



June 2016 Version No: 1.0