

If you ever became seriously ill or had a serious accident, and were unlikely to recover, what sort of medical treatment would you want?



**Have a say in your future medical treatment
.....Ask your GP**



If you would like further information on Advance Care Planning please contact your General Practitioner or your local division of General Practice

Tallangatta Health Service is a flexible and dynamic provider of services that meets the changing needs of our rural community

Available at Tallangatta Health Service.

- Medical Centre
- Bolga Court : Residential and Respite
- Lakeview Nursing Home
- Respite Care
- Acute Hospital Care
- Home And Community Care
- District Nurse
- Occupational Therapist
- Meals on Wheels
- Women's Health
- Asthma Education
- Dietician
- Diabetes Education
- Exercise Classes, and Strength Training
- Podiatry
- Physiotherapy
- Bowen Therapy
- Activity Day Centre
- Social Worker
- School Dentist
- Red Cross Car
- Community Bus & Hire
- Room Hire
- OSCH Childcare

For more details phone reception: 0260 71 5200

ADVANCE CARE PLANNING



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What is an Advanced Care Plan?

- Advance Care Planning is a process which offers the patient the opportunity to discuss with their family members and general practitioner the choices for care at the end of life. The important issues concerning the questions, fears and values are explored. As the issues are uncovered, the information can be translated into an action plan, called an Advance Care Plan.

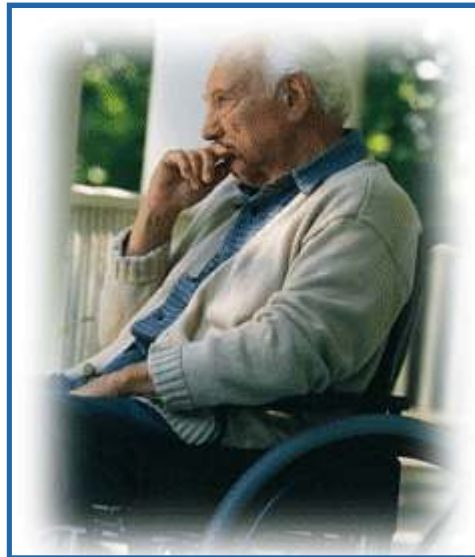


Advance Care Planning aims to:

- Promote an individual's understanding about treatment options available to them
- Assist individuals to document their wishes and preferences about future medical treatment, particularly end-of-life treatment, in an Advanced Care Plan
- Ensures that documentation is transferable so that it goes with individuals to other health care services

Why do I need an Advanced Care Plan?

The emergence of medical technology enables an increased ability to keep people alive by mechanical or artificial means. Through age, illness or accident, people can lose their capacity to understand the nature and consequences of proposed medical treatment. Health care decisions then fall to families, friends and physicians who may not be aware of the patient's wishes. The opportunity to make decisions in advance of incompetence is particularly relevant for the increasing number of elderly people who may not want their death postponed unnecessarily nor wish to be transferred to an acute hospital setting when they are dying. To know that one's wishes will be respected can be of comfort to patients and their families.



Can I change or revoke my Advanced Care Plan?

You can change or revoke your plan at any time. If you change your mind, tell your general practitioner and family. Change all copies of the document. It is recommended that Advance Care Plans be updated every few years. To revoke the document, write down the revocation on paper, sign and date it, and have witnesses sign also. Notify all those involved in preparation of the original document.



You can plan ahead

- Discuss your medical condition and treatment options with your General Practitioner and/or specialist
- Talking about your wishes and values about your future care with your family and friends
- Recording your wishes in an Advance Care Plan