How to get started

We can post you an information pack so you can do advance care planning at home.

OR

You can make an appointment with our service to assist you with advance care planning.

Appointments are available at Caulfield Hospital.

For more information or to download documents visit: www.alfredhealth.org.au

Get in touch

Advance Care Planning

Phone: (03) 9076 6642

Email: advancecareplanning@alfred.org.au

Caulfield Hospital
260 Kooyong Road,
Caulfield, 3162
Vic, Australia

www.alfredhealth.org.au

Need an interpreter?
Qualified and accredited interpreters are available to assist you and hospital staff with communication if you do not speak English as your first language.
What would happen if you became very sick and couldn’t make your own decisions? Who would make medical decisions for you? Would they know what you would want?

**Advance Care Planning** is about planning ahead for your future healthcare needs and making things easier for the people you care about.

**A. Appoint**

Think about who you would trust to make medical decisions on your behalf if you were unable to make them yourself.

You can legally appoint someone to make these decisions for you. This person becomes your Medical Treatment Decision Maker.

**C. Chat & communicate**

Have a conversation about your future healthcare needs.

Talk with your family, friends and doctors about what is important to you. Discuss your beliefs, values and what you would find unacceptable in relation to your health care.

**P. Put it on paper**

You may choose to write your values and preferences in an advance care directive. This will guide others in making medical decisions if you are unable to make them yourself.

*Reviewing or cancelling your documents*

You can update or cancel your advance care directive if your personal or medical circumstances change.