

# What is an **ADVANCE CARE DIRECTIVE**

**An Advance Care Directive is a written statement outlining your wishes regarding future medical treatment and care provisions.**

**An Advance Care Directive *would only be used* if you lose the ability to make your own decisions.**

**Having made a will, you state how you would like your property and finances distributed.**

**An “Advance Care Directive” will provide guidance to your family, friends and general practitioner about your choice of Medical treatment and care should you become incapacitated.**



**What treatment would you want if:**

- You had a serious car accident leaving you paralysed and unable to communicate?
- You suffered a severe stroke leaving you unconscious with little brain function?
- You developed Alzheimer's Disease and were unable to walk, talk, recognise your family, wash, dress or feed yourself?

It's very personal, and it is your decision as to an acceptable, ongoing quality of life for you!

Care choices are personal and vary from individual to individual. Your choice is usually determined by your values and beliefs. Who knows what your care choices will be?

**How do you communicate your choices to your loved ones?**

Speak to your **General Practitioner**

Or

Order a copy of:

**“My Health, My Future,  
My Choice”**

This is an easy to read informative book (cost \$14 incl. P & H) explaining what people can do to make sure their health and personal care choices will be known in the future. The book contains a four-page advance care directive form. The form has been designed to make it as simple as possible for people to record their choices about their health and personal care.

Available from  
**Advance Care Directive  
Association Inc:**

18/113 Johnston Street,  
ANNANDALE NSW 2030

**To obtain an order form  
phone 0423 157 003**



This brochure should be used as a guide only.

Information in this brochure is compiled by the Shoalhaven Division of General Practice; an organisation funded by the Federal Dept. of Health & Ageing.

Further information is available from NSW Health:

**“Using Advance Care Directives”**

**“Guidelines for Dying with Dignity”**

Ph: 02-9391 9000

**“Guardianship Tribunal”**

Ph: 1800 463 928

Do you need an  
**ADVANCE  
CARE  
DIRECTIVE**  
?



Do you want to be sure your choices are respected should you become ill or unable to speak for yourself?