QUEENSLAND ADVANCE CARE YARNING FORMS

There are three forms that are often used in Queensland for advance care yarning. You can use any, or all, of the forms that suit you:

1. Advance Health Directive:

This legal form states your decisions that will direct your health care at times like worsening sickness and at end of life when you may be too sick to communicate. Your doctor or nurse practitioner must sign, and it needs to be witnessed.

Forms are available at **www.justice.qld.gov.au**.

2. Enduring Power of Attorney:

This legal form tells people who you want to make important decisions about your health, personal and/or finance matters when you are not able. It must be witnessed, and signed by the people you choose to appoint.

Forms are available at **www.justice.qld.gov.au** or yarn to your solicitor or the Public Trustee.

3. Statement of Choices:

This is not a legal form. It helps to inform others that need to make health care decisions for you when you are unable to talk or decide for yourself. It tells others about your care wishes and choices.

Forms are available at **www.mycaremychoices.com.au**

WHO TO CONTACT

For more information about advance care yarning, you can contact your:

- Aboriginal and Torres Strait Islander Liaison Officer, Health Worker or health professional
- Health Clinic
- Social Worker, or
- The Statewide Office of Advance Care Planning.

Statewide Office of Advance Care Planning

This Office can:

- provide advance care yarning information, advance care yarning packs and forms
- add copies of your advance care yarning forms to your Queensland Health medical record
- answer your advance care yarning questions.

Contact the Statewide Office of Advance Care Planning

1300 007 227

acp@health.qld.gov.au

mycaremychoices.com.au

Send COPIES of your completed forms to the Statewide Office of Advanced Care Planning.

ADVANCE CARE YARNING

MY CARE, MY CHOICE, MY BELONGING

Yarning about your future health care wishes and choices can keep you feeling in control and comfortable through the cycle of life.

mycaremychoices.com.au

OACP
Statewide Office of Advance Care Planning

Queensland Government

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WHAT IS ADVANCE CARE YARNING?

Letting others know about what you want for your future and ongoing care is called advance care yarning.

It can mean thinking, talking and deciding on what matters to you. It gives you a chance to let others know your wishes, values, beliefs, and choices. This tells family and health care staff the information needed to respect your choices, your way, when you cannot speak for yourself.

WHY PLAN IN ADVANCE?

Planning in advance can keep you feeling safe and in control no matter how sick you are.

Family needs to know what you want. Family not knowing or trying to guess what you want can be upsetting for everyone.

Choosing a decision-maker who can speak on your behalf can help make sure the right people know your choices when you cannot speak for yourself.

This helps you to receive the care you want, where you want, when you want and how you want.

READY TO START YARNING?

STEP 1: YARN

Take time to think and yarn to your family, your doctor, clinic staff or Aboriginal Health Worker about your wishes and choices if you became very sick. Yarn about things such as:

- What treatments you want and do not want
- Your important physical, cultural, spiritual, emotional, and social needs
- Needs or beliefs such as Dreamtime, Country, Ancestors, obligations, star stories, religion
- How these needs, rituals, practices, and preferences affect your care decisions
- Who you want, or do not want, to be with you
- What you need to keep you Culturally Safe
- Where you want to be cared for
- What help and support is needed to make this possible.

STEP 2: WRITE

Consider filling out one or more of the following forms:

- Advance Health Directive
- Enduring Power of Attorney
- Statement of Choices.

It makes it easier for others to know and respect your wishes and choices if they are written down. It is okay for others to help you write these forms.

STEP 3: SHARE

Share your written wishes and choices for care with those who will be caring for you. You can:

- Give COPIES of your forms to your family, doctors, nurses and Aboriginal Health Workers, **and**
- Send COPIES of your forms to the Statewide Office of Advance Care Planning to be added to your Queensland Health medical record (see over for options) **and/or**
- Upload your forms to your My Health Record at **www.myhealthrecord.gov.au**

STEP 4: REVIEW

Review and update your advance care yarning forms anytime you want.

As you get older or more frail or sick your care wishes and choices can change.

This brochure was developed by the PallConsult First Nations Palliative Care Project, funded by the Office of First Nations Health, Queensland Health.

Featured artwork: Connected to Country and Family by Leah Cummins. *Advance Care Yarning Art Competition winning artwork.*