

The Value of Planning Ahead



Advance Care Planning makes up one of the essential components of palliative care. It is the process of ensuring that you receive the best medical care that is consistent with your wishes if you become too ill or are unable to communicate those decisions for yourself in the future.

While planning ahead is especially important for those who are experiencing a decline in health, have a chronic disease, or are elderly, you are encouraged to do so regardless of your health condition or age. Making an advance care plan is as easy as:

1. Discussing your wishes for future medical treatment and care with your family, friends, and caregivers.
2. Making a list of your wishes, including your 'appointed guardian,' or someone who can speak on your behalf if you are unable to. This can be done in any form or on any paper, but you can also document your wishes in an Advanced Care Directive, which is legally recognised and cannot be overruled, even by your legally appointed guardian.
3. Distributing your Advance Care Planning documents to your doctor and any other health care providers involved in your care.

Advanced Care Planning Australia has recently launched a series of [multicultural videos](#) to help start the conversation of advance care planning for culturally and linguistically diverse communities. More information on Advance Care Planning can also be found [here](#).