



We value your feedback – If you have any comment on this document or ideas on how we could improve it, please write to us:

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our voice tō tātou reo

Advance
Care
Planning

Advance care planning
Preparing for end of life





Advance care planning....

What can advance care planning do for you?

Advance care planning is a way to help you think about, talk about and share your thoughts and wishes about your future health care. It is focused on and involves both you and the health care professionals responsible for your care. It may also involve your whānau/ family and/or carers if that is your wish.

Now is the best time to consider taking part in advance care planning conversations before you become seriously ill. Planning will help you and those around you understand what is important to you and what treatment and care you would like.

It gives you the chance to think about and share your preferences for end of life care based on:

- your personal views and values
- a better understanding of your current and likely future health, and
- the treatment and care options available to you.

You can set out what you want or hope for in an advance care plan. You should keep your advance care plan up to date, especially if things change.

The value of advance care planning is in the conversations and shared understanding.

Recording your choices or wishes is voluntary. It is a good idea and will make it easier for those important to you and your healthcare providers to use this information to decide what treatment and care you would want if you could not tell them yourself.

What can you do?

Talk to your whānau/ family and others close to you. You might want to talk about:

- what type of care you would like towards the end of your life
- where you would want to be cared for if you could no longer care for yourself
- any particular worries you have about being ill or dying?

Want to know more?

Talk to your GP or other healthcare professionals about the medical choices you might have in the future. Ask for a copy of the advance care planning guide.

If you would like further information about advance care planning, visit www.advancecareplanning.org.nz or email info@advancecareplanning.org.nz



A gift for your children

My mum gave me a very loving and wise gift – she sat with my sister and I and talked about what treatment she would want if she became very ill and unable to make her own decisions. She carefully explained why she felt that way. Within a few years, she was too ill to understand her healthcare or make any decisions herself. Thankfully, we had clear guidance from her. This helped us speak for her and help the medical team make the treatment decisions we know mum would have chosen herself, if she could.