

ACP - Advance Care Planning

ACP is an important conversation about your future health and personal care.

“If we know your choices for future health care, we can respect them.”

ACP includes:

 <p>Thinking about your values, beliefs and health goals</p>	 <p>Choosing someone to speak on your behalf if ever you can't</p>	 <p>Making sure you have a say in your own health care</p>	 <p>Talking with your family, doctors and people you have chosen to speak for you</p>
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ACP Quick Facts:

 <p>ACP is for everyone you can be fit or young</p>	 <p>ACP supports your loved ones during a medical crisis</p>	 <p>ACP helps your health care team to plan the best care for you</p>	 <p>ACP is more than an end of life conversation</p>
 <p>Your ACP can change as your life and health changes</p>	 <p>Your ACP choices can be kept in your medical record</p>	 <p>ACP is a conversation that matters</p>	 <p>ACP helps you get the care that is right for you</p>

For more information about advance care planning visit www.advancecareplanning.org.au or contact the National Advance Care Planning Support Service on 1300 208 582. This service provides free advice and information on advance care planning for the general public and health professionals. The service operates Monday-Friday, 9am-5pm AEST.

Based on a concept designed by ACT Health, ACT Government 2021.