

## GETTING STARTED

We can post you an information pack to do advance care planning at home

**OR**

You can make an appointment with our service to assist you with advance care planning

■ Appointments are available at:

- Caulfield Community Health Service
- Inner South Community Health Service – South Melbourne site
- Bentleigh Bayside Community Health Service – Sandringham site

### **THIS IS A FREE SERVICE.**

**For more information phone:  
9076 6642**

You need to live in the cities of Bayside, Glen Eira, Port Phillip and Stonnington or be a patient of Alfred Health.

## Contact the Advance Care Planning Service



**Phone:**  
9076 6642



**Fax:**  
9076 6327



**Email:**  
[advancecareplanning@alfred.org.au](mailto:advancecareplanning@alfred.org.au)



**Postal Address:**  
Advance Care Planning  
Caulfield Hospital  
260 Kooyong Road  
Caulfield 3162



**Website:**  
<http://www.alfredhealth.org.au>  
[Click on the patients and visitors tab.](#)  
[Click on the advance care planning tab.](#)

# ADVANCE CARE PLANNING



## Keep control

### Planning ahead for your future healthcare

**AlfredHealth**

The Alfred Health – Advance Care Planning Program  
is funded by the Department of Health, Victoria

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**AlfredHealth**

## HOW CAN ADVANCE CARE PLANNING HELP YOU?

What would happen if you became very sick or had a serious accident and could not talk to your doctor about your own treatment, for example, if you were unconscious or had dementia?

### WHO WILL MAKE DECISIONS FOR YOU?

Do they know what you would want?  
Will the people closest to you all agree?

**Planning ahead can make things easier for the people you care about.**

### Advance Care Planning can involve all or some of the following steps:

- Choose a Medical Enduring Power of Attorney.
- Talk about your values and preferences to the people closest to you.
- Write your values and preferences down in an Advance Care Directive.
- Distribute copies of your documents to Alfred Health, your GP and your family.
- Review your plan as circumstances change.

**If we know your values we can respect them.**

### Think about:

- Who you would trust to make decisions about your medical treatment.
- What you value in life.
- What an acceptable recovery from illness would be for you
- What you would want if you were permanently unable to feed yourself, talk or recognise your family and friends?

It is a good idea to do Advance Care Planning when your health is stable. This gives you time to talk to your family and friends about your preferences.