



**PalliativeCare**

TASMANIA

Tasmanian Association for Hospice  
and Palliative Care Inc.

## Advance Care Planning



### What is Advance Care Planning?

Advance Care Planning is a process for thinking about and discussing what kind of care you may want and who will make decisions for you. It is about deciding what is important to you for an acceptable quality of life.

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# Simple Steps for Advance Care Planning

## Think

- About what is important to you?
- What do you want to avoid?
- Who will be your Substitute Decision Maker (SDM)?
- What kind of care you would want?
- Where would you like to be cared for?

## Talk

- With your family and friends
- With your SDM
- With your doctor

## Write it Down

Write your Advance Care Directive (ACD)  
Give a copy to your doctor, local hospital and your SDM.

## Who should you choose as a Substitute Decision Maker?

This should be someone you trust and who knows what you want.

Without an Advance Care Directive there is a risk that your wishes will not be acted on.

## Further Information

For help with advance care planning and to download an Advance Care Directive care go to the PCT website and look for the advance care planning tab under Useful Information.

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