

Queensland advance care planning documents

Advance health directive

This is a legal document that states your decisions and directs your future health care in specific situations when you may be unable to make decisions or communicate.

It must be signed by your doctor or nurse practitioner and witnessed.

Enduring power of attorney

This is a legal document that appoints a person or people of your choice to make important decisions for you when you are unable to do so yourself.

It must be witnessed as well as signed by the person, or people, you appoint.

Statement of choices

This is a values-based document that provides guidance to those making care decisions on your behalf about your views, wishes and preferences for care.

It must be signed by your doctor or nurse practitioner and the person making the document.

Statewide Office of Advance Care Planning

A free and confidential Queensland Health service that can help by:

- answering your advance care planning questions
- providing advance care planning information and forms
- advising you who to speak to about advance care planning in your local area
- adding copies of your advance care planning documents to your Queensland Health electronic hospital record.

Contact the Statewide Office of Advance Care Planning or send copies of advance care planning documents to:

- 📞 1300 007 227
- 🖨️ 1300 008 227
- ✉️ PO Box 2274, Runcorn QLD 4113
- acp@health.qld.gov.au
- 🌐 mycaremychoices.com.au



Advance care planning

Plan for your future health care

If you were suddenly injured or seriously ill, and couldn't make healthcare decisions for yourself, how would your family or healthcare team know your preferences for care?

🔍 | mycaremychoices.com.au



Get the forms

Download these forms from
mycaremychoices.com.au



**Queensland
Government**

What is advance care planning?

Advance care planning is thinking about and communicating your preferences for future health care.

It is a **voluntary process** and can mean:

Thinking, talking and deciding about what matters most to you

Choosing one or more decision-makers who can speak on your behalf

Writing down your preferences in advance care planning documents

Why plan ahead?

Advance care planning benefits you, your family, carers and health professionals.

Having a plan in place can give you comfort. It can also help your decision-makers have confidence and less stress or confusion because your wishes are clear.

Advance care planning helps health professionals understand the health care you want, and where you want it, if you can't speak yourself.

How do I get started?



Step 1. Think

Take the time to think about your health, values, beliefs and preferences. Consider:

- what you do and don't want
- your wishes for care and any directions you want people to follow
- who you can trust to speak for you, if you are unable.



Step 2. Talk

Talk about your choices early with the people who need to know, even if you are well.

Speak with family, friends, carers and health professionals about what matters most to you, and ask questions to understand your options.

Ask a person, or people, you trust to make decisions on your behalf if needed.



Step 3. Record

Write down your wishes, appoint someone to make decisions for you, or do both.

Complete one or more of these documents:

- Advance health directive
- Enduring power of attorney
- Statement of choices.



Step 4. Share

Share copies of any written documents with:

- family, friends, decision-makers, your healthcare team and GP
- the Statewide Office of Advance Care Planning, to be added to your Queensland Health electronic hospital record
- your My Health Record.



Step 5. Review

Review and update your advance care planning documents regularly, and make sure the right people have the latest versions.

