



Resources for the Public

There are many resources available to support you to start the conversation around Advance Care Planning and complete your Advance Care Directive.

This document contains resources for general personal interest, followed by colour coded sections relating to the completion of your Advance Care Directive.

This document was created in September 2019 and is subject to change.

General Advance Care Planning information

The Advance Care Planning Australia website provides some tools for starting conversations. This page links onto a series of pages with questions that relate to their Be Open, Be Ready, Be Heard message.

Advance care planning: Be open, be ready, be heard short animation

<https://www.health.nsw.gov.au/patients/acp/Publications/acd-form-info-book.pdf>

https://www.advancecareplanning.org.au/docs/default-source/acpa-resource-library/acpa-fact-sheets/acpa_individuals-factsheet-online_aug2018.pdf?sfvrsn=18

Interventions – Making a Treatment Decision

<https://www.advancecareplanning.org.au/docs/default-source/acpa-resource-library/acpa-publications/a-personal-guide-final.pdf?sfvrsn=4>

<https://www.advancecareplanning.org.au/for-family-friends-carers/how-do-i-start-the-conversation>

<https://www.advancecareplanning.org.au/resources/advance-care-planning-for-your-state-territory/nsw>

Advance Care Planning is only one aspect of planning for the future. To ensure that broader considerations are planned for the NSW Government provides webpages on planning ahead.

<https://planningaheadtools.com.au/advance-care-planning/>

Advance Care Planning for Aboriginal and Torres Strait Islander Peoples.

<https://www.advancecareplanning.org.au/docs/default-source/acpa-resource-library/acpa-publications/taking-control-of-your-health-journey.pdf>

Australian Government. Australian Digital Health Agency. Advance Care Planning and My Health Record.

<https://www.nqphn.com.au/wp-content/uploads/2017/03/MyHR-Advanced-Care-Factsheet.pdf>

Enduring Guardians

NSW Trustee and Guardian information about Enduring Guardianship

<https://www.tag.nsw.gov.au/enduring-guardianship.html>

For substitute decision makers (Persons Responsible and Enduring Guardians)

https://www.advancecareplanning.org.au/docs/default-source/acpa-resource-library/acpa-fact-sheets/acpa_sdm-factsheet-online_aug2018.pdf?sfvrsn=16

Personal values

My Values is a set of specially constructed statements designed to help you identify, consider and communicate your wishes about the medical treatment you would want in the later stages of life.

<https://www.myvalues.org.au/>

Dying to Talk encourages Australians of all ages and levels of health to talk about dying.

<https://dyingtotalk.org.au/>

Directions about medical care

These resources are help you decide if life-prolonging treatments are right for you.

<https://www.advancecareplanning.org.au/individuals/making-a-treatment-decision>

<https://www.verywellhealth.com/stroke-recovery-feeding-tube-placement-3145999>

Organ, Tissue, and Body Donation

https://donatelife.gov.au/sites/default/files/OTA_Discussion%20Starters_English_Final.pdf

<https://www.health.nsw.gov.au/humantissue/Pages/anatomy-public.aspx>

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