

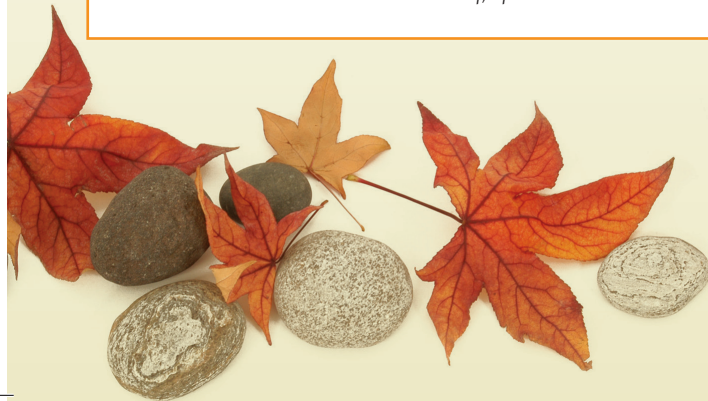


# ADVANCE CARE PLANNING

What matters most for your future care?

## A gift for the important people in your life

*My mum gave me a very loving and wise gift – she sat with my sister and me, and talked about what treatment she would want if she became very ill and unable to make her own decisions. She carefully explained why she felt that way. Within a few years, she was too ill to understand her health care or make any decisions herself. Thankfully, we had clear guidance from her. This helped us speak for her and help the medical team make the treatment decisions we know mum would have chosen herself, if she could.*



### Want to know more?

For more information about advance care planning, visit [www.advancecareplanning.org.nz](http://www.advancecareplanning.org.nz) or email [acp@northlanddhhb.org.nz](mailto:acp@northlanddhhb.org.nz).

Talk to your GP, practice nurse, specialist or health care team about the medical choices you might have in the future.

Ask for a copy of the advance care planning guide or the He Waka Kakarauri Māori ACP. You could also ask for access to your own online ACP portal.



Content adapted (with permission) from an original brochure published by the Health Quality & Safety Commission New Zealand.

Original at: [www.hqsc.govt.nz](http://www.hqsc.govt.nz)



### This brochure:

- explains what advance care planning is and why it is important for everyone
- outlines some of the benefits of planning for your end-of-life care and treatment
- tells you what to do to create your advance care plan.



our voice | Advance  
tō tātou reo | Care  
Planning

## What is advance care planning?

Advance care planning gives everyone, including you, a chance to think about what's important.

It helps you understand what the future might hold and to say what health care you would, or would not, want.

Advance care planning helps you, the important people in your life and your health care team plan for your end-of-life care.

This makes it much easier for everyone to know what you want – especially if you can no longer speak for yourself.

Advance care planning can be done a step at a time at your own pace. The important steps are thinking about and talking about your wishes, writing them down or recording them and sharing them.

There are guides and an online tool you can use to record your wishes. They are as follows:

- The advance care planning guide where you can write down your ACP. This can be accessed at [www.advancecareplanning.org.nz](http://www.advancecareplanning.org.nz).
- The He Waka Kakarauri Māori ACP where you can also write your ACP using a Māori focus. This can be accessed at: [www.northlanddhb.org.nz/our-services/a-z/](http://www.northlanddhb.org.nz/our-services/a-z/).
- The preferred method is using the online ACP tool to add your ACP which is then immediately available to a range of health providers including your GP practice and the hospital. Please email [acp@northlanddhb.org.nz](mailto:acp@northlanddhb.org.nz) to be set up to use this tool.

Follow the steps in the next section to get started on your ACP.

## STEP 1 - Think about it

- What is important to you? What gives your life meaning?
- Are there any treatments or types of care that you would or would not want?
- Who would you want to make decisions on your behalf if you weren't able to? Do you have an enduring power of attorney\*?
- If there was a choice, how and where would you like to spend your last days?

## STEP 2 - Talk about it

Who would it be good to share your thoughts with?

- Family/whānau?
- Your friends and loved ones?
- Your GP, practice nurse, hospital specialists and health care team?
- Your spiritual advisor?
- Your enduring power of attorney\*?

\* Enduring powers of attorney (EPA) – There are two types of EPA: one is for your property and one is for your personal care and welfare. EPAs are legally appointed by you to take care of your personal or financial matters if you can't. For further information go to <http://superseniors.msd.govt.nz>, visit your local Citizens Advice Bureau or talk to a lawyer.

## STEP 3 - Make a record

Make a record of what's important to you, what treatments you may or may not want and anything else you want others to be clear about.

Having your wishes recorded can save the important people in your life and your health care team a lot of worry and concern if they have to make a decision on your behalf. There are guides and an online tool you can use to record wishes. There are web links to the guides earlier in this brochure or you can email [acp@northlanddhb.org.nz](mailto:acp@northlanddhb.org.nz) for help on these and the online tool.



## STEP 4 - Share it

Once you have written down or recorded what's important to you and what you want to happen, you can give a written copy or access to your online ACP to:

- key family members/whānau
- your GP practice
- all members of your health care team
- your enduring power of attorney\* (if you have one).

## STEP 5 - Review it

Review your advance care plan regularly to make sure nothing has changed for you. If things change, update your plan and share it.