

Speak to your GP
or
Order a copy of
**'My Health, My Future,
My Choice'**
*an easy to read informative
workbook*

Available from
**Advance Care
Directive
Association (Inc)**

18/113 Johnston Street
Annandale 2038

Phone - **0423 157003**

Approximate cost \$14.00

Order forms also available from
the Benevolent Society's website-
[www.bensoc.org.au/ageing/
my_health_acda.html](http://www.bensoc.org.au/ageing/my_health_acda.html)

Printed information is available
from NSW Health

***Using Advance Care Directives
(NSW)**

***Guidelines for Dying with
Dignity**

Phone - 02 9391 9000

Website - www.health.nsw.gov.au

Guardianship Tribunal

Phone 02 9555 8500

Toll free - 1800 463 928

Website - www.gt.nsw.gov.au

Email - gt@gt.nsw.gov.au

**Human Rights and Equal
Opportunity Commission
(HREOC)**

Phone - 02 9284 9600

Website www.humanrights.gov.au

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Southern Highlands Division of
General Practice

Advance Care Directive



**Do you want to be
sure you will be
treated with dignity
and respect if you
become seriously ill
or injured?**

Having made a will, you state what you want done about your property and finances.

An **Advance Care Directive** will provide guidance to your family, friends and GP about your **medical treatment and care should you become incapacitated.**



Advance Care Directive



An **Advance Care Directive** is a written statement outlining your wishes regarding future medical treatment and care provisions.

An **Advance Care Directive** would *only be used* if you lose the ability to make your own decisions.

What treatment would you want if.....

- *You had a serious car accident leaving you paralysed and unable to communicate
- *You suffered a severe stroke leaving you unconscious and with little brain function?
- *You developed Alzheimer's Disease and you were unable to walk, talk, recognize your family, wash, dress or feed yourself?



Would you wish to burden your family with having to decide for you?

This is very personal, and it is your decision as to what would be an acceptable, ongoing quality of life for you.