



# Advance Care Planning (ACP)

ACP is an important conversation about your future health and personal care. **If we know your choices for future health care, we can respect them.**

## Advance Care Planning includes:



Thinking about your values, beliefs and health goals.



Making sure you have a say in your own health care.



Choosing someone to speak on your behalf if ever you can't.



Talking with your family, doctors, (cultural, spiritual and community support networks) and people you have chosen to speak for you.

## ACP Quick Facts:



ACP is for everyone, you can be fit or young.



Your ACP can change as your life and health changes.



ACP supports your loved ones during a medical crisis.



Your ACP choices can be kept in your medical record.



ACP helps your health care team to plan the best care for you.



ACP is a conversation that matters.



ACP is more than an end of life conversation.



ACP helps you get the care that is right for you.

For more information contact [acp@act.gov.au](mailto:acp@act.gov.au) or **02 5124 9274**

You can also visit: [qrs.ly/6mh5eb6](https://qrs.ly/6mh5eb6) in your web browser, or **scan the QR code below**



### Acknowledgement of Country



Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.



### Accessibility

call 02 5124 0000



### Interpreter

call 131 450

[canberrahealthservices.act.gov.au/accessibility](https://canberrahealthservices.act.gov.au/accessibility)



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