



# Your choices with Advanced Health Directives

## What is an Advanced Health Directive?

An Advanced Health Directive is a written legal document that explains what healthcare treatments you would like to have or refuse.

You write it (with support if needed) and you agree to what it says. It is used when you have a life-limiting condition, are seriously ill, injured or unable to make or communicate decisions about your care and treatment.

Up to 80% of Australians say that they think that it is important but only 5% of people have an Advanced Care Directive in Australia at present.

## Why should you have one?

- It ensures you receive the care and treatments you actually want
- For your family, it reduces stress, anxiety and depression when your care and treatment options are documented
- For healthcare professionals and organisations, it reduces unnecessary transfers to acute care and unwanted treatment

Our caring hands offer empathy and experience at this challenging time, and we encourage you to reach out if you need support.

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## Some questions to consider

Planning for Advanced Health Directives can be overwhelming with information and decisions needed. To help get started, here are some questions to consider:

- Do you know how you want to die and where?
- Do you have an Advanced Health Directive?
- Do you want to donate your tissue or organs?
- Do you have a funeral director?
- Are your finances in order?
- Do you have an Enduring Power of Attorney?
- Do you have an Enduring Power of Guardianship?
- Have you ever sat down with your family to discuss your values and preferences?

## Useful contacts

[Advanced Care Planning Australia](http://www.advancecareplanning.org.au)  
1300 208 582

<https://www.advancecareplanning.org.au/create-your-plan/create-your-plan-wa>

[Department of Health](http://www.health.wa.gov.au)  
9222 2300

<https://www.health.wa.gov.au/advancecareplanning>

