



# ANHF

## Living Well Journey

Resource guide for consumers, carers, and workers  
End of Life Directions in Aged Care



ANHF

AUSTRALIAN NURSING HOME FOUNDATION

澳華療養院基金

Culturally Appropriate Aged Care Since 1980

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# CONTENTS

What is Advance Care Planning?	3
Who needs it?	4
WHAT WE DO	5
Why it is important to you	6
Why it is important to us	7
How do I begin?	9
Helpful Forms to Complete	11
References	11

# WHAT IS ADVANCE CARE PLANNING?

Advance care planning (ACP) is a normal part of anyone's health care. When your own values and beliefs are discussed openly, your wishes and healthcare choices can be respected and carried out at a time when you cannot voice your decisions. It's an ongoing process that needs cooperation between yourself, your loved ones, family members, care workers, and health professionals as well as community organizations, healthcare services, and your care provider, like the Australian Nursing Home Foundation (ANHF).



*“Be open, be ready and be heard.”*

# WHO NEEDS IT?

Exploring, discussing, and sharing future wishes for care is for anyone or everybody regardless of age or health condition — your life matters. ACP is a lifelong journey that begins with having an open conversation with your loved ones. Contrary to taboos or superstitious beliefs, having started a conversation about your current and ongoing care, will, in fact, help you and your loved ones prepare for your lifelong journey. Remember, every conversation is going to be unique and different. There is no right or wrong way of careful planning, and you certainly don't have to finish the conversation all at once.

ACP can be carried out informally by discussing your end-of-life wishes with trusted loved ones. You don't have to write down your wishes, although it can be helpful for your loved



ones to refer to in the future. You may even want to share your wishes with your doctor or your care provider. For individuals who are experiencing more complex conditions, ACP discussions may need to be facilitated by a trained healthcare professional. These Facilitators are currently available in most public hospitals. ANHF Home Care has partnered with End of Life Directions in Aged Care (ELDAC), a national program to assist you with your conversation.

# WHAT WE DO

## **Home Care**

Comfort, Quality Care and Relations

## **Care Coordination**

Seamless care and service coordination and linkage to external agencies

## **Clinical Care**

Monitoring of clinical care, health and education

## **Specialised Palliative Care Linkage**

Specialised end of life care and information, pastoral care



# WHY IT IS IMPORTANT TO YOU

Advance care planning is important for you, your families, and health professionals. This planning is about you, and it puts you in the center of care. It will help you, your loved ones, care providers, and health professional to know about your values, wishes, and type of health care you would like to receive if you became seriously ill or injured or unable to say what you want.

Ideally, these conversations start when you are well and continue throughout your illness.

Your wishes should be documented to help your loved ones, care providers, and health professionals when making decisions about your care when you are no longer able to do so.

You do not have to have a terminal illness to start talking with your loved ones and health professionals about your wishes. Like making a will and appointing a power of attorney or enduring power of attorney, advance care planning may simply be a part of planning for the future.



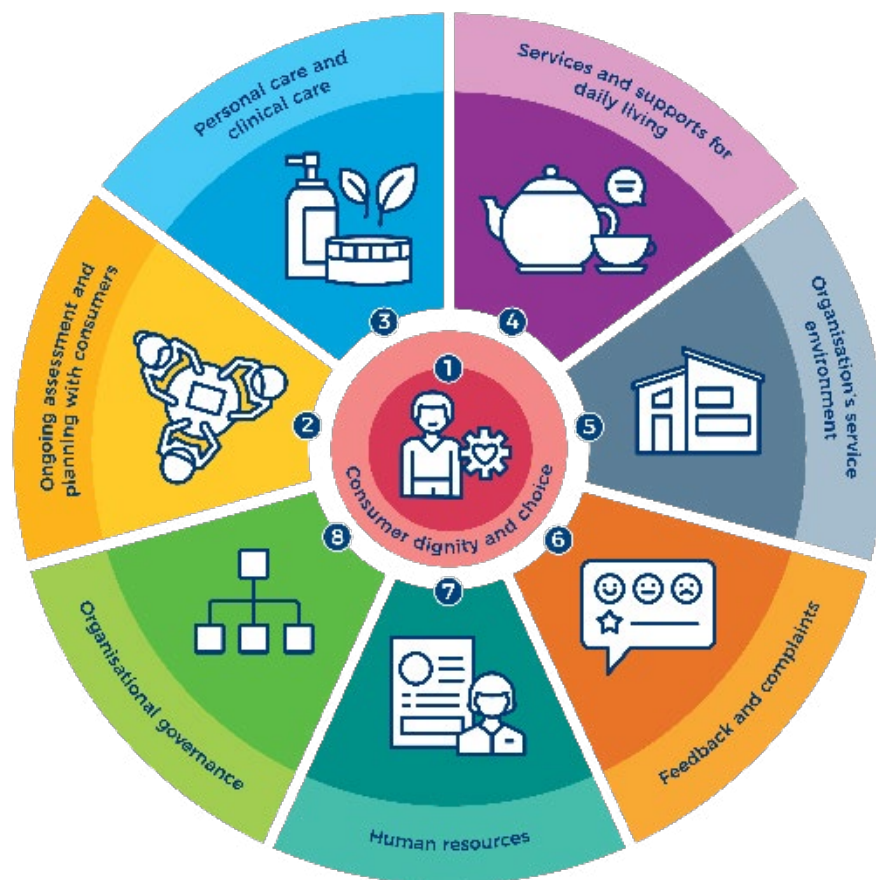
# WHY IT IS IMPORTANT TO US

At ANHF, we have a strong commitment towards our model of care that embodies the following principles and organization's values

- We're a close and caring family – that listens and forms meaningful relationships with you and your loved ones.
- We speak your language and honor your culture – as a leading provider of culturally sensitive aged care; it's in our DNA to want to do this!
- We work things out together – partnering with you and your family to ensure you get the care and services you choose and that sustain your health and wellbeing.
- We love to celebrate and have fun – birthdays, Chinese New Year, Moon Festival, staff, and client milestones: these magic moments make our vibrant communities special.
- We challenge ourselves – pursuing training, innovation, and collaboration to strengthen what we offer you now and in the future.
- We're committed to doing the best for you – through inspired leadership, skilled staff, and dedicated volunteers.

## *Aged Care Quality Standards*

As an approved Home Care Provider, ANHF is bounded by the new Aged Care Quality Standards. These standards provide specific guidance and obligatory rules for Aged Care Providers to act and follow. One of the core standards, in particular, Standard 2 -ongoing assessment and planning with consumers, touches on aspects of advance care planning. Therefore, we wish to work together and consult with you, your family or carer to facilitate your current and future planning needs, wishes and requirements.





# HOW DO I BEGIN?

Nobody knows what the future holds. We cannot predict what might become of our health, but we can plan ahead to make our wishes known. To begin your journey on planning is not as complicated as you imagine. Here are 4 steps to follow.

## **Think about it**

Consider what you need to live meaningfully, and what would be important to you at the end of life.

If you have a health condition, understand what your prognosis and treatment options are.

## **Talk with loved ones**

Discuss your wishes and goals for care with your trusted loved ones to help them better understand your decisions. Choose one or two loved ones who can be your voice. Involve them as you make your decisions.

## **Put your wishes into a Plan**

Record your decisions and wishes in a document which you can share with your loved ones, such as the Advance Care Planning Workbook. Share and discuss your choices for future healthcare with your family doctor or care provider.

## **Review your preferences**

You can always change your mind after your plans are made. If that happens, be sure to update your ACP documents and make new copies for the people you trust.



The ANHF Home Care team is able to guide you through the use of personalized tools or a workbook in manner that is respectful, thoughtful and safe. To make an appointment, please contact your Home Care Advisor on **9784 0868** or **[homecare@anhf.org.au](mailto:homecare@anhf.org.au)**

# HELPFUL FORMS TO COMPLETE

**NSW Ambulance Care Plan**

**NSW Ambulance Palliative Care Plan**

**NSW Advanced Care Directive**

## REFERENCES

*ELDAC Home Care toolkits:*

<https://www.eldac.com.au/tabid/4899/Default.aspx>

*Living matters:*

<https://www.livingmatters.sg/advance-care-planning/about-acp>

*NSW Ambulance Authorised Care plan:*

<https://www.ambulance.nsw.gov.au/our-services/authorised-care-plans>

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

<https://www.publicguardian.justice.nsw.gov.au>