



## Share

Pick a safe place to keep your original documents. Tell people close to you where to find them.

Upload a copy to **My Health Record** so health professionals can access the information. You can also share copies with people you trust:

- family, friends and carers
- enduring guardian(s) (EPG)
- enduring power(s) of attorney (EPA)
- health professionals and specialists (e.g. GP)
- residential aged care home
- local hospital
- legal professional.



## For more information

### Department of Health WA Advance Care Planning Information Line

General queries and to order free advance care planning resources

Phone: **9222 2300**

Email: **acp@health.wa.gov.au**

Website: **healthywa.wa.gov.au/  
AdvanceCarePlanning**

### Scan to order

free advance care planning  
resources online



This document can be made available  
in alternative formats.

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Government of **Western Australia**  
Department of **Health**

# Advance care planning

Making choices for your future  
health and personal care



HEN-014209 NOV'25

## What is advance care planning?

Advance care planning can help you to have a say in what type of health and personal care you receive in the future. It helps others understand your values, beliefs and preferences for when you cannot make decisions or communicate what you want. Advance care planning can start at any age. It is best started when you feel well and can make your own choices. You can change your mind at any time.

### Advance care planning can help you:

- have peace of mind knowing that others know what care you want
- feel less stressed
- spend less time in hospital
- avoid medical treatments you do not want
- choose people you trust to make decisions if you cannot.

It can also help your family and friends feel more confident and less stressed because you have made your wishes clear.



## Advance care planning is an ongoing process. It involves 4 key parts:

- **Thinking** about advance care planning
- **Talking** about your choices
- **Writing** your documents
- **Sharing** your documents.

You can move between these parts and review and update your choices to suit changes in your life.



### Think

Your advance care planning process will be guided by your beliefs, values and preferences.

Take time to think about:

- any worries about your future health and care
- who you want to make decisions for you if you cannot
- medical treatments you want or do not want.



### Talk

Talk to your loved ones about what is important to you, and the care you would like when you are unwell.

Talk about worries for your health and options for future care with your health professionals.



### Write

It is important to write down the choices you have made. People can read your choices and know what help you want.

Thinking about what types of decisions and thoughts you want to share will help you decide which document(s) could be right for you. Some advance care planning documents for you to use are:

- **Values and Preferences Form: Planning for my future care** is used to write down your values, preferences and wishes for your future health and care – not medical decisions.
- **Advance Health Directive (also called an AHD)** is a legal document where you write down your decisions about the medical treatment you want or do not want if you become very sick or injured.
- **Enduring Power of Guardianship (also called an EPG)** is a legal document where you pick someone to make important personal, lifestyle and treatment decisions for you when you cannot.

Visit [healthywa.wa.gov.au/AdvanceCarePlanning](https://healthywa.wa.gov.au/AdvanceCarePlanning) for information on other documents.