



INFORMATION STATEMENT

Take this document
with you to get
your Advance Care
Directive witnessed.

Your witness will ask you to read this Information Statement, and then ask you some questions.

This is to make sure that you understand what you are doing by making an Advance Care Directive, and that it is your choice to write one.



Did you know?

The Information Statement is available in other languages on the Advance Care Directive website (advancecaredirectives.sa.gov.au)

ADVANCE CARE DIRECTIVE

What is an Advance Care Directive?

An Advance Care Directive is a legal form that allows people aged 18 years and older to:

- » write down their wishes, preferences and instructions for future health care, end of life, living arrangements and personal matters; and/or
- » appoint one or more Substitute Decision-Makers to make these decisions on their behalf when they are not able to make a particular decision for themselves.

It cannot be used to make financial decisions.

If you have written a refusal of health care, it must be followed if it is relevant to the circumstances at the time.

All other information written in your Advance Care Directive should be used to help your Substitute Decision-Maker/s, your health care workers or Person/s Responsible (for example, close family/friends) make decisions on your behalf.

It is your choice whether or not to have an Advance Care Directive. No one can force you to have one, or to write things you do not want to write. These are offences under the law.

As long as you are able to make legal documents, you can change your Advance Care Directive by completing a new Advance Care Directive Form.

Your new Advance Care Directive Form will replace all other documents you may have completed previously, including an Enduring Power of Guardianship, Medical Power of Attorney or Anticipatory Direction.

When will it be used?

Your Advance Care Directive can only be used if you are not able to make your own decisions, either temporarily or permanently.

You will be considered unable to make a particular decision if you cannot:

- » understand information about the decision
- » understand the risks and benefits of the choices
- » remember the information for a short time; and
- » tell someone what the decision is and why you have made the decision.

If any of the above statements apply to you, someone else will need to make this particular decision for you.

Who will make decisions for you if you cannot?

It is your choice whether you appoint one or more Substitute Decision-Makers.

If you have appointed one or more Substitute Decision-Makers, they will be legally able to make decisions for you about your health care, living arrangements and other personal matters when you are not able to.

You can choose the types of decisions you want them to make in Part 2b: Conditions of Appointment of your Advance Care Directive.

If you do not appoint any Substitute Decision-Makers, someone close to you (like a close family member or friend) may be asked to make a health decision for you. This person is called a 'Person Responsible'.

They must follow any relevant wishes or instructions you have written in your Advance Care Directive.

Anyone making a decision for you will need to make a decision they think you would have made in the same circumstances.

Refusal/s of health care

You may have written in your Advance Care Directive that you do not want certain types of health care (also known as a refusal of health care).

It is important to make sure you have written down when, or under what circumstances, any refusals of health care apply.

If you have refused specific health care in your Advance Care Directive, your Substitute Decision-Maker/s, Person Responsible and your health practitioner must follow that refusal, if it is relevant to the current circumstances.

This means that your health practitioner will not be able to give you the health care or treatment you have refused.

If you refuse health care but do not write down when the refusal applies, it will always apply when you cannot make the decision.

A health practitioner can only go against a refusal of health care if they have evidence to suggest you have changed your mind but did not update your Advance Care Directive, or the health practitioner believes you didn't mean the refusal of health care to apply in the current circumstance.

If this happens, they will need consent from your Substitute Decision-Makers, if you have any, or a Person Responsible, to provide any health care.

You cannot refuse compulsory mental health treatment included in a community or involuntary treatment order if you have one.

ADVANCE CARE DIRECTIVE

Letting people know you have an Advance Care Directive

To let people know you have an Advance Care Directive, it is recommended that you:

1. Complete the Wallet Card on the front cover of this Kit or download and complete a Wallet Card from the Advance Care Directives website (advancecaredirectives.sa.gov.au)
2. Give a certified copy to any appointed Substitute Decision-Makers, your doctor (and any other relevant health care worker), close family or friends, health service you regularly attend and or aged care facility (if relevant) and those close to you.
3. Keep a certified copy with you and where you can easily find it.
4. Fill out the Emergency Medical Information Booklet (emib.org.au) and display it with your Form on your fridge.
5. Add it to your Electronic Health Record (My Health Record) (ehealth.gov.au) if you have one.

For more information

advancecaredirectives.sa.gov.au

