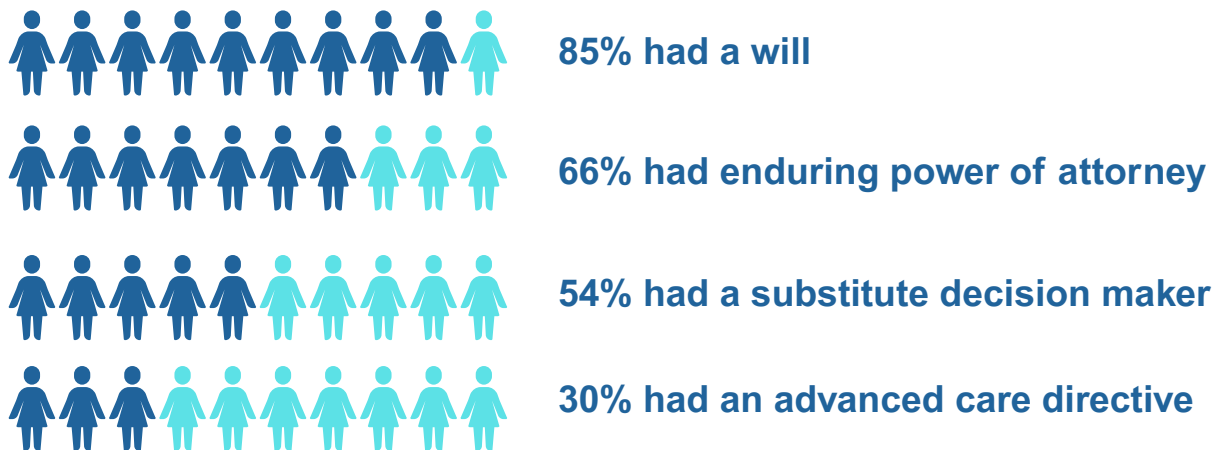


Do you have an advance care directive?

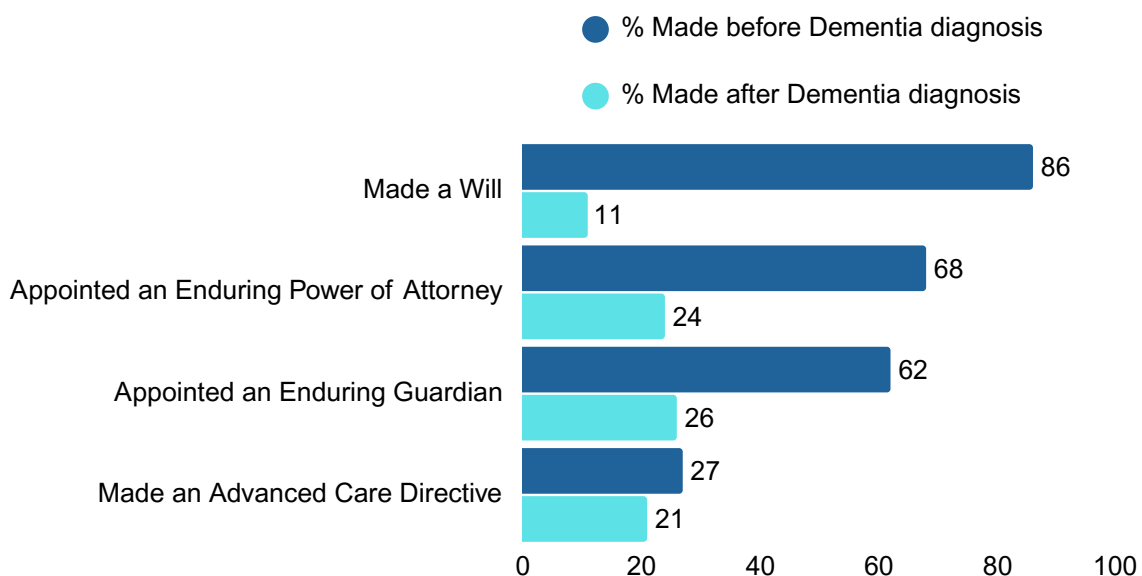
An advance care directive outlines the medical care you want if you become incapable of making such decisions. It's crucial to discuss your directive with your healthcare provider, and the person you trust to make decisions on your behalf.

70% of people with dementia do not have an advanced care directive.

Among people receiving aged care at home



Some people waited until after dementia diagnosis to put these instruments in place, which is not ideal.



Many people living with dementia don't have an advanced care directive, and have not discussed their future care plans. Talk to your doctor or solicitor.

What is the difference between an advance care directive and advance care planning?

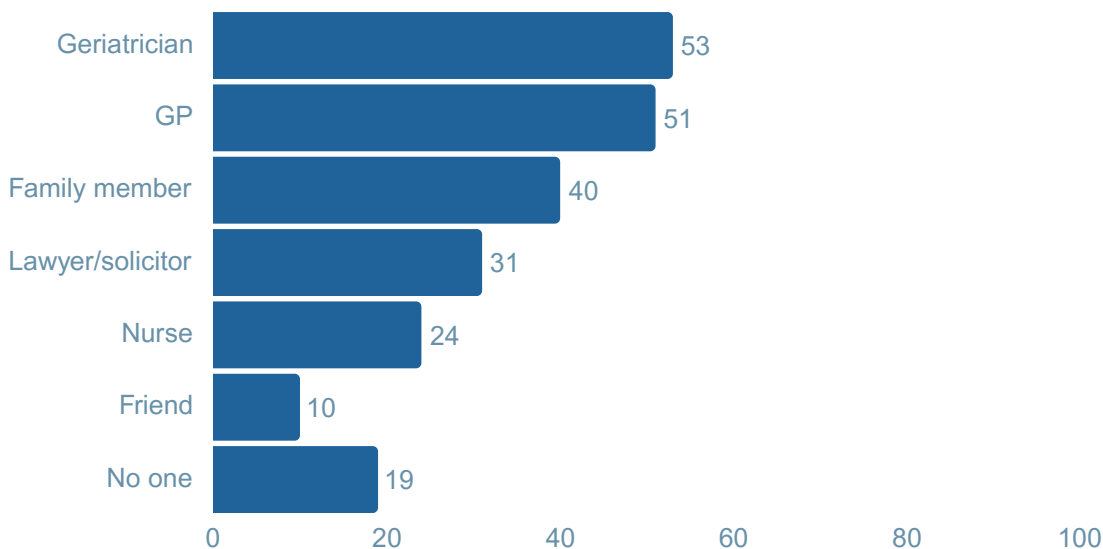
The directive is a formalised legal version of your advance care plan and is important for people with dementia given the progressive nature of the disease and its impact on cognitive capacity.



An advance care directive may include one or more of the following:

- the person or people you would like to make medical decisions for you if you are unable to make decisions
- details of what is important to you, such as your values, life goals and preferred outcomes of ongoing care
- the treatments and care you would like or refuse if you have a life-threatening illness or injury.

Who do people discuss their future care plans with?



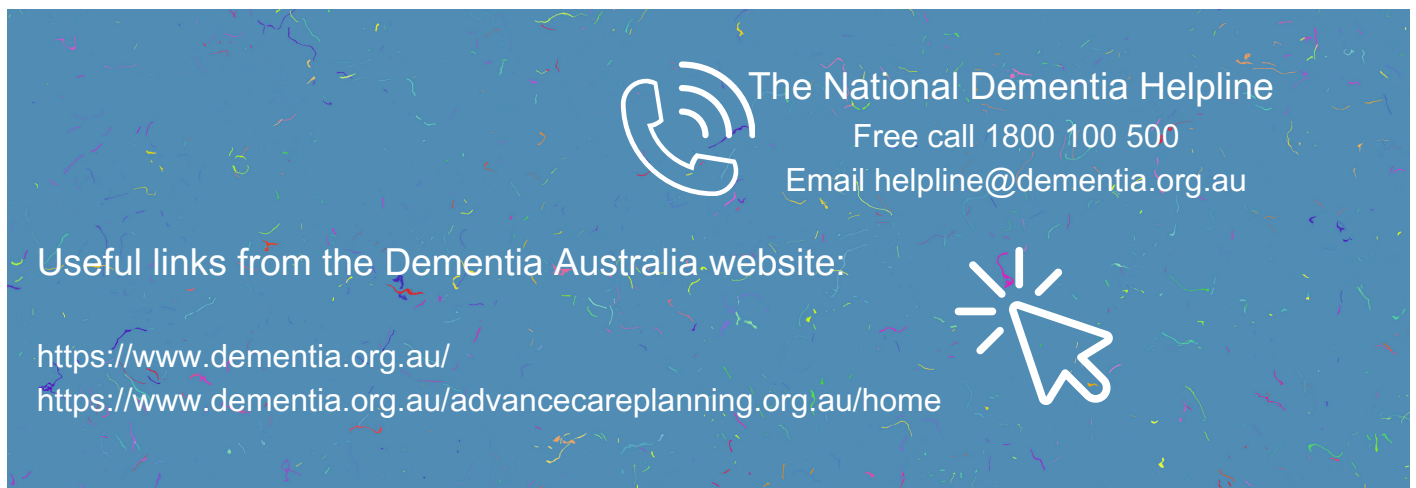
Why is it important for people living with dementia to make an advance care directive?

- An advance care directive allows you to have your wishes respected even when you can't express them yourself.
- State and territory websites provide information you need to make your advance care directive.

INFORMATION SOURCES

Bryant J, Hobden B, Waller A, Clapham M, Sanson-Fisher R. Participation in future planning by community-dwelling older Australians receiving aged care services: Findings from a cross-sectional survey. *Australasian journal on ageing*. 2021;40(4):373-80. DOI: [10.1111/ajag.12927](https://doi.org/10.1111/ajag.12927)

Bryant J, Mansfield E, Cameron E, Sanson-Fisher R. Experiences and preferences for advance care planning following a diagnosis of dementia: Findings from a cross-sectional survey of carers. *PloS one*. 2023;18(6):e0286261-e. DOI: [10.1371/journal.pone.0286261](https://doi.org/10.1371/journal.pone.0286261)



The National Dementia Helpline
Free call 1800 100 500
Email helpline@dementia.org.au

Useful links from the Dementia Australia website:
<https://www.dementia.org.au/>
<https://www.dementia.org.au/advancecareplanning.org.au/home>

Australian Government Department of Health and Aged Care information on advance care directives.



<https://www.health.gov.au/topics/palliative-care/planning-your-palliative-care/advance-care-directive>

MORE FROM



www.dementiaaccord.org.au