

A gift for the important people in your life



Talking about what is important to you is a special gift you can give to your family and those you care about. Mr Liu (pictured above) was able to talk with his family about the things that mattered to him in the final stage of his life.

Having this brave conversation meant that for Mr Liu's family the burden was lifted, and they could have peace of mind knowing that they would be able to respect and honour their father's final wishes.

To see more of Mr Liu's story and get information about planning for your future health care go to: www.hqsc.govt.nz/our-programmes/advance-care-planning/acpstories/

An Enduring Power of Attorney (EPA) is legally appointed by you to take care of your personal and financial matters if you are unable to. For more information about appointing an Enduring Power of Attorney (EPA) visit your local Citizens Advice Bureau or go to www.ageconcern.org.nz/files/PlanningYourFuture.pdf

Making an advance health care plan

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Information for you and your family

THINK

Consider the things and people that are important in your life and, about the plans for your future health care:

- Who would you want to make decisions on your behalf if you weren't able to?
- Have you made a will or, appointed someone as your Enduring Power of Attorney (EPA)?
- If there was a choice, what kind of care would you like in your final years?

TALK

Discuss your thoughts and preferences with the people who care about you:

- Your family members, friends and loved ones
- Your spiritual advisor or your Enduring Power of Attorney (EPA) if you have one
- Your GP, practice nurse, hospital specialist or health care team

SHARE

Once you have thought about your wishes regarding your future care, share them with:

- Your key family members
- Your GP and care team
- Your Enduring Power of Attorney (EPA)

Making an advance care plan gives you an opportunity to think and, talk about the care you may want if you are no longer able to make decisions for yourself.

Having these conversations with your loved ones regarding your wishes can bring peace of mind for both you and your family.

Talk to your GP, practice nurse, specialist or health care team about the medical choices you might have in the future and about making an advance care plan.

