

Putting the 'My' into Consumer's Advance Care Plans

Presented by

Robi Tamwoy – Chair, Torres and Cape Hospital & Health
Service Consumer Advisory Committee

&

Isobel Moase – Quality Coordinator,
Torres and Cape Hospital and Health Service



Torres and Cape
Hospital and Health Service
Consumer Advisory Committee

Acknowledgement

We would like to begin by acknowledging the Traditional Owners of the land on which we meet today. I would also like to pay my respects to Elders past, present and emerging.

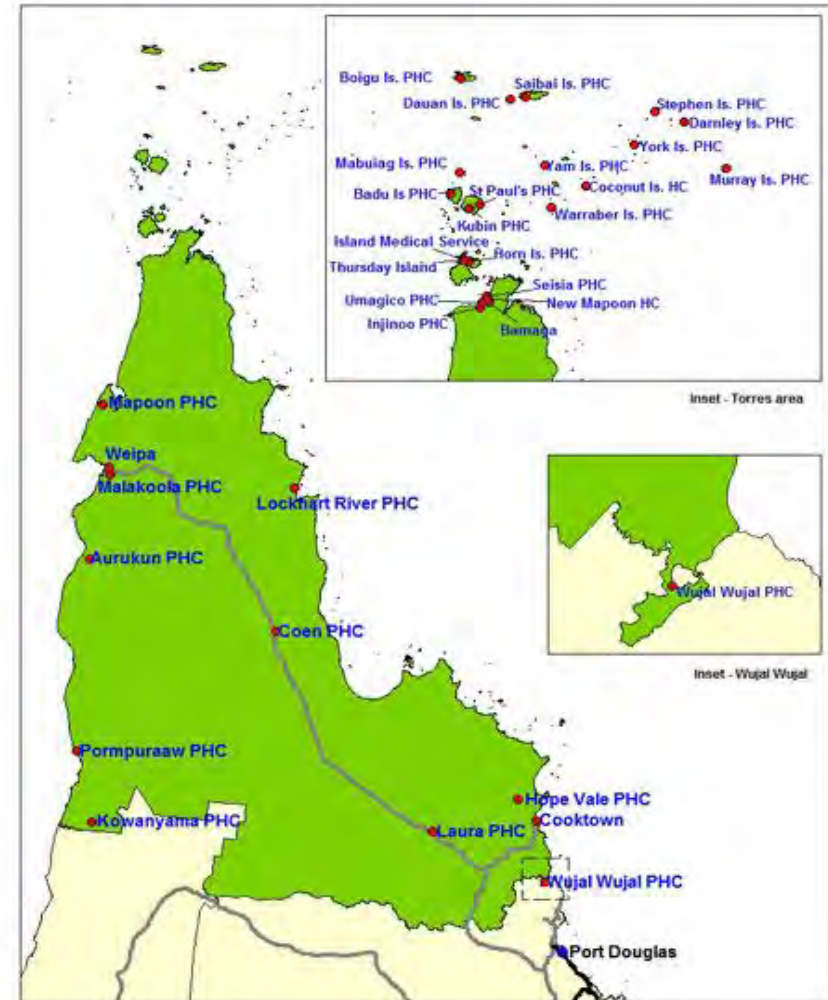
The TCHHS Consumer Advisory Committee



Inset: Wally Shibasaki, Back row L-R Robi Tamwoy, Alo Tapim, Will Luthi, Lou Norgard
Front row: L-R, Wendy Phineasa, Lenore Casey

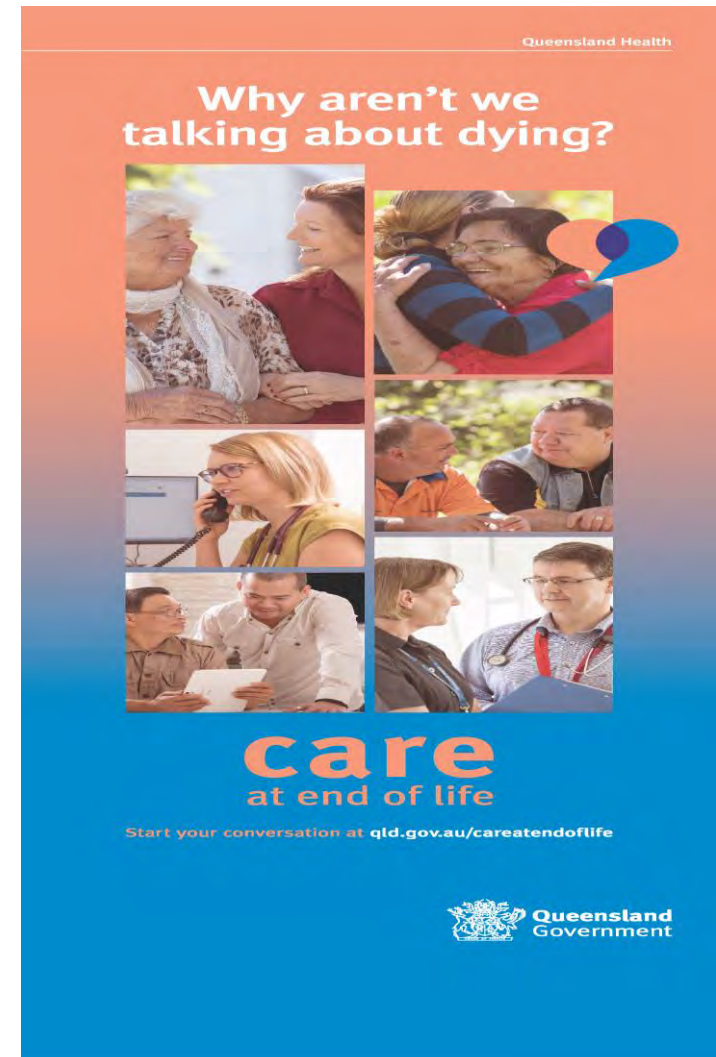
Torres and Cape Hospital and Health Service

- The Torres and Cape Hospital and Health Service (HHS) serves approximately 25,000 people widely spread across Cape York, the Northern Peninsula Area and the Torres Strait Islands.
- 66% of the population in the Torres and Cape HHS identify as Aboriginal and/or Torres Strait Islander.



Background

- In 2015 Queensland Health launched the State-wide Strategy for End-of-Life Care.
- A key element of the Strategy is to promote Advance Care Planning
- Talking about death and dying is still taboo for many cultures



Partnering with the Committee



Going in with an open mind



Transformation

Achieving goals

Torres and Cape
Hospital and Health Service
Consumer Advisory Committee

APPROVED ✓



True partnership



Respecting different views & beliefs



Letting go



Building trust

Making ACP accessible for our Consumers

Statement of Choices

ADVANCE CARE PLANNING

This Statement of Choices can help you record your wishes, values and beliefs to guide those close to you to make health care decisions on your behalf if you are unable to make those decisions for yourself.

www.mycaremychoices.com.au



My Statement of Choices

Choosing your care before the end of life and letting your loved ones know.

If you were suddenly injured or became seriously ill, who would know your choices about the health care you would want to receive?

You can use this Statement of Choices form to write down your wishes, values and beliefs about the care that you would want in the future; to guide those close to you to make health care decisions on your behalf if you are unable to make those decisions yourself.



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www.mycaremychoices.com.au



Key messages in simple language

Advance Care Planning

*If you were suddenly injured or became seriously ill,
who would know your choices about the health care you would want?*

What is advance care planning?

Advance care planning (ACP) means thinking about and making choices now to guide your future health care. It is a way of letting others know what is important to you if you could not communicate for yourself. It is a voluntary process which gives you the opportunity to discuss your beliefs and values, and helps give you peace of mind that you can receive the right care, at the right time, in the right place.

Why plan ahead?

- To have your wishes known to help guide the treatment and care you receive in the future
- To let your loved ones know what you would want if they need to make difficult decisions on your behalf
- To allow your choices about health care to be considered before a crisis occurs.

When will your advance care plan be used?

Your advance care plan may only be used if you are unable to make or communicate your own health care decisions.

What if my family member or someone I care for is currently unable to make health care decisions and they do not have an advance care plan?

A Statement of Choices can still be considered for that person. The form should be based on that person's best interests, their expressed wishes and the views of their significant others. It should take into account the benefits and burdens of the person's illness and medical treatment.

Does an advance care plan apply across all health care environments?

Yes, you can give a copy of your advance care planning document(s) to all health care services to allow your wishes to be known and considered. This includes hospitals, community health centres, your GP and any other health facilities you may access.

Is it ever too early to plan?

Making your wishes known

It is never too early to plan for the end of life. Being prepared is a good thing. Making your wishes about future care you would like to receive is called Advance Care Planning (ACP). It allows your choices about health care to be considered before a crisis occurs.

This means thinking about and making choices now to guide your future health care. It is your choice if you make a plan or not; making one gives you the opportunity to discuss your beliefs and values with your family and your GP and helps give you peace of mind that you will receive the care you want, when you want it and, whenever possible, where you want it.

Why plan ahead?

- To have your wishes known to help guide the treatment and care you receive in the future
- To let your loved ones know what you would want if they need to make difficult decisions on your behalf

When will my advance care plan be used?

Your advance care plan may only be used if you are unable to make or communicate your own health care wishes.

What if my family member or someone I care for is currently unable to make health care decisions and they do not have an advance care plan?

A Statement of Choices can still be made for that person. Choices should be based on that person's best interests, their wishes and values and the views of their significant others. It should take into account the benefits and burdens of the person's illness and medical treatment.

Does an advance care plan apply across all health care environments?

Yes, with your permission, a copy of your advance care planning document(s) can be shared with health care services to allow your wishes to be known. This includes hospitals, community health centres, your GP and any other health facilities you may access in Queensland.

Words and pictures

Steps of advance care planning



Step
1

Discuss with your usual doctor your health conditions and how they may affect you both now and in the future. Discuss with your family your values, beliefs and preferences for future health care.



Step
2

Record your wishes in an ACP document such as the Statement of Choices. You should also record who you may have already appointed to be your substitute decision-maker.



Step
3

Share copies of ACP documents with your family, GP and hospitals. Also send copies to the Office of Advance Care Planning (see page 4 Form A & B) to share your choices with health care providers.



Step
4

Review your preferences and values whenever there are changes in your health or life circumstances and update your ACP document(s) accordingly.

Think now. Plan sooner. Peace of mind later.

Steps of advance care planning



Step 1
Yarn

Discuss with your usual doctor your health conditions and how they may affect you both now and in the future. Discuss with your family your values, beliefs and preferences for future health care.



Step 2
Write it
down

Record your wishes in an ACP document such as the Statement of Choices. You should also record who you may have already appointed to be your substitute decision-maker.



Step 3
Tell
people

Share copies of ACP documents with your family, GP and hospitals. Also send copies to the Office of Advance Care Planning (see page 4 Form A & B) to share your choices with health care providers.



Step 4
Check &
update

Review your preferences and values whenever there are changes in your health or life circumstances and update your ACP document(s) accordingly.

Think now. Plan sooner. Peace of mind later.

Culturally Capable & Confident



Any Questions



Thanks to...

- TCHHS Consumer Advisory Committee
- Office of Advance Care Planning, Brisbane especially Dr Leyton Miller & Leanne Clemeasha
- Metro South Hospital and Health Service

The 'My' Statement of Choices form is available from the following link:

https://metrosouth.health.qld.gov.au/sites/default/files/content/statement_of_choices_tchhs_v5.1_form_a.pdf

Image sources

- Open mindedness - <https://www.positivelypresent.com/2017/05/lettering-life-lessons-open-minded.html>
- Respect - <https://www.inc.com/kevin-daum/5-simple-ways-to-gain-respect.html>
- Building trust - <https://pixabay.com/photos/trust-faith-encouragement-1418901/>
- Letting go - <https://twitter.com/cmnsensedivorce/status/699728741799501825>
- True partnership - <https://www.kristinphelan.com/2013/11/21/align-yourself-with-rock-stars/>
- Transformation - <https://enterpriseproject.com/article/2018/10/digital-transformation-why-it-pays-be-platform-business>
- Achieving goals <https://pma360.com/goal-setting/>