

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.



Torres and Cape
Hospital and Health Service
Consumer Advisory Committee

APPROVED ✓

www.mycaremychoices.com.au

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.

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.

Statement of Choices

This document is values-based and records a person's wishes and choices for their health care into the future. Although the Statement of Choices is not included in Queensland law, the content can still have effect by guiding your substitute decision-makers and health professionals if you or your loved one is unable to communicate their choices.

Form A is used by people who **can** make health care decisions for themselves.

Form B is used for people who **cannot** make health care decisions on their own.

Legally-binding ACP documents in Queensland

If you have strong wishes about your future health care you should consider completing these legally-binding documents:

Advance Health Directive (AHD)

Enduring Power of Attorney (EPOA)

Talk to your Health Worker or GP to find out more.

You can also obtain further information and a copy of these documents at:
www.mycaremychoices.com.au

Order of substitute decision-making

In Queensland, when a person is unable to make or communicate their own health care decisions, there is an order of priority for substitute decision-making:

- 1. Advance Health Directive** A legally-binding document used to give consent and direct medical management in specific health circumstances.
- 2. Tribunal-appointed guardian** A guardian appointed by the Queensland Civil and Administrative Tribunal (QCAT) to make health care decisions on behalf of a person.
- 3. Attorney appointed under an AHD/EPOA** A person (known as an "attorney") appointed for personal/health decisions in an Advance Health Directive or Enduring Power of Attorney document.
- 4. Statutory health attorney** A relevant person who has automatic authority to make health care decisions in the absence of the above decision-makers. This is usually the first available, culturally appropriate adult from the following list, in order: a spouse or de facto partner in a close and continuing relationship; an adult who cares for the person but is not employed to be their carer; or a close friend or relative who is not the person's employed carer.

Statement of Choices may help guide these decision-makers

Contact information



Office of Advance Care Planning:

PO Box 2274
Runcorn QLD 4113

Ph: 1300 007 227
Fax: 1300 008 227

Email: acp@health.qld.gov.au

www.mycaremychoices.com.au

GLOSSARY OF TERMS

| | |
|--------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Capacity | Capacity refers to a person's ability to make a specific decision in a particular area of their life. A person has capacity for health care decisions when they can understand the information provided by a doctor about their health and treatment options and are able to make a decision regarding their care. The person also needs to be able to communicate their decision in some way and the decision must also be made of the person's own free will. |
| Cardiopulmonary Resuscitation (CPR) | Cardiopulmonary resuscitation includes emergency measures to keep the heart pumping (by compressing the chest or using electrical stimulation) and artificial ventilation (mouth-to-mouth or ventilator) when a person's breathing and heart have stopped. It is designed to maintain blood circulation whilst waiting for treatment to possibly start the heart beating again on its own. The success of CPR depends on a person's overall medical condition. On average, less than one in four patients who have CPR in hospital survive to be discharged home. ^{1,2} |
| Good Medical Practice | Good medical practice requires the doctor responsible for a person's care to adhere to the accepted medical standards, practices and procedures of the medical profession in Australia. All treatment decisions, including those to withhold or withdraw life-sustaining treatment, must be based on reliable clinical evidence and evidence-based practice as well as ethical standards. Good medical practice also requires respecting adults' wishes to the greatest extent possible. |
| Life Prolonging Treatment | Sometimes after injury or a long illness, the main organs of the body no longer work properly without support. If this is permanent, ongoing treatments will be needed to stop a person from dying. These treatments are collectively referred to as life prolonging and can include medical care, procedures or interventions which focus on extending biological life without necessarily considering quality of life. Certain life prolonging treatments acceptable to one person may not be acceptable to another. |
| Office of the Public Guardian | The Office of the Public Guardian is an independent statutory body that protects the rights and interests of vulnerable Queenslanders, including adults with impaired capacity to make their own decisions. |
| Organ or Tissue Donation | Donation involves removing organs and tissues from someone who has died (a donor) and transplanting them into a recipient who is on a waiting list. Organs that can be transplanted include the heart, lungs, liver, kidneys, intestine and pancreas. Tissues that can be transplanted include heart valves, bone, skin and eye tissue. Organ and tissue donation can save and significantly improve the lives of many people who are sick or dying. For additional information about donation and to register your wishes visit: www.donatelife.org.au |
| Statutory Health Attorney | A statutory health attorney is someone with automatic authority to make health care decisions for a person if they become unable to do so because of illness or incapacity. This attorney is not formally appointed; they act in this role only when the need arises. The statutory health attorney is the first available, culturally appropriate adult from the following list, in order: a spouse or de facto partner in a close and continuing relationship; an adult who cares for the person but is not employed to be their carer; or a close friend or relative who is not the person's employed carer. The Public Guardian may, under certain circumstances, become the statutory health attorney of last resort. |
| Substitute Decision-maker | Substitute decision-maker is a general term used to describe someone who has legal power to make decisions on behalf of an adult when that person is no longer able to make their own decisions. This may be: a person appointed in an Enduring Power of Attorney or Advance Health Directive; a tribunal-appointed guardian or a statutory health attorney. |

For more information and resources visit: www.mycaremychoices.com.au

1. Morrison, Laurie J., et al. "Strategies for Improving Survival After In-Hospital Cardiac Arrest in the United States: 2013 Consensus Recommendations A Consensus Statement From the American Heart Association." *Circulation* 127.14 (2013): 1538-1563.

2. Girotra, Saket, et al. "Trends in survival after in-hospital cardiac arrest." *New England Journal of Medicine* 367.20 (2012): 1912-1920.

Statement of Choices FORM A

URN:
Family Name:
Given Names:
Address:
Date of Birth: Sex: M F X

My Statement of Choices FORM A

A record of values and preferences, for persons **with** decision-making capacity.

My details (If using a patient label please write "as above")

Given Names:

Family Name:

Preferred Name:

Phone:

Address:

DOB: Sex: Male Female X Medicare No.

I have the following:

- | | | |
|--------------------------------------------|-----|----|
| 1. Advance Health Directive (AHD) document | Yes | No |
| 2. Tribunal-appointed guardian | Yes | No |
| 3. Enduring Power of Attorney document | Yes | No |

← Legal substitute decision-maker(s) can only be appointed using these documents or by a Tribunal.

If you have any of these documents please send a copy to the Statewide Office of ACP (see p.4).

My contacts

Name:

Phone:

Relationship:

This person has been legally appointed as a decision-maker in an AHD, EPOA or by tribunal: Yes No

Name:

Phone:

Relationship:

This person has been legally appointed as a decision-maker in an AHD, EPOA or by tribunal: Yes No

Name:

Phone:

Relationship:

This person has been legally appointed as a decision-maker in an AHD, EPOA or by tribunal: Yes No

If there are more than 3 contacts please attach details on a separate sheet and tick this box:

proceed to next page...

DO NOT WRITE IN THIS BINDING MARGIN



Statement of Choices FORM A

(Affix patient identification label here)

URN:

Family Name:

Given Names:

Address:

Date of Birth:

Sex: M F X

My name:

My personal values and considerations

Describe what you value or enjoy most in your life:

Think about what interests you or gives your life meaning.

My current medical conditions include:

You may wish to discuss this with your doctor.

Consider how your health conditions might affect your life in the future.

Describe the health outcomes that you would find acceptable or unacceptable:

Think about what you would or would not want in your day-to-day life, including your well-being now and into the future.

When I am nearing death, the following would be important and would comfort me:

Think about your personal preferences, such as place of care, special traditions or spiritual support.

Indicate the place where you would prefer to die: (e.g. home, hospital, aged care facility, on Country)

Consider how you would want to be cared for after you die:

Think about your spiritual, religious and cultural practices; and any other wishes that you want noted e.g. funeral plan, Will, organ/tissue donation.

please turn over...

Statement of Choices FORM A

URN:

Family Name:

Given Names:

Address:

Date of Birth:

Sex: M F X

My name:

My preferences for medical care and treatment

I want my preferences to be considered and respected by doctors looking after me and those making health care decisions for me.

I understand that my preferences are not legally binding and do not provide consent for treatment.

If I no longer have decision-making capacity, doctors need to speak with my substitute decision-maker(s) when consent is required for health care. I understand I will only be offered treatment that is good medical practice (see glossary).

It is my preference that I receive care that aims to: *(tick appropriate box)*

Keep me alive as long as possible, no matter the impact to my quality of life **OR**

Preserve my quality of life in line with my personal values (on page 2) **OR**

Keep me comfortable, allow me to die naturally, with pain and symptoms well managed, and be cared for with dignity **OR**

Other:

My preferences for life-sustaining measures

Cardiopulmonary Resuscitation (CPR) *(tick appropriate box)*

I would wish CPR attempted, if it is consistent with good medical practice **OR**

I would NOT wish CPR attempted **OR**

Other:

Other life-sustaining measures *(tick appropriate box)*

e.g. assisted ventilation (a machine which assists your breathing through a face mask or a breathing tube), artificial nutrition and hydration (a feeding tube through the nose or stomach), kidney machine (dialysis)

I would wish for other life-sustaining measures, if it is consistent with good medical practice **OR**

I would NOT wish for other life-sustaining measures **OR**

Other:

My preferences for other medical treatments

If considered to be good medical practice,

I would wish for:

I would NOT wish for:

**undecided/
no preference:**

A major operation *(e.g. under general anaesthetic)*

Intravenous (IV) fluids

Intravenous (IV) antibiotics

Other intravenous (IV) drugs

A blood transfusion

Other:

proceed to next page...

Statement of Choices FORM A

(Affix patient identification label here)

URN:

Family Name:

Given Names:

Address:

Date of Birth:

Sex: M F X

My name:

My understanding of the document

By signing below, I confirm I have had this document explained to me and I understand its purpose. I understand that:

- This document represents my views, wishes and preferences for my health care and may be used as a guide by my substitute decision-maker(s) and/or doctors in providing appropriate care for me when I do not have capacity to make decisions about my health care. It is not legally binding and does not form consent for treatment.
- It may be important to discuss my wishes and the content of this document with my substitute decision-maker(s), significant others and my treating doctor(s).
- Doctors should only provide treatment that is consistent with good medical practice.
- Regardless of my preferences expressed here, I will continue to be offered all other relevant care, including care to relieve pain and alleviate suffering.
- This document remains current until it is replaced or withdrawn.

I consent to share the information on this form with persons/services relevant to my health and to non-identifiable information being used for quality improvement/research purposes as per the privacy policy and information sheet available at: www.mycaremychoices.com.au

Signature:

Date:

Usual Doctor's/Nurse Practitioner's statement

As a registered medical/nurse practitioner, I have discussed the contents of this document with the person completing the form. At the time of making this Statement of Choices, I believe the person has decision-making capacity to understand the nature and effect of this document and has completed it freely and voluntarily.

Name of Doctor/
Nurse Practitioner:

Signature of Doctor/
Nurse Practitioner:

Date:

Hospital or
Practice Stamp or
Provider number

This form was completed with the help of a qualified interpreter or cultural/religious liaison person: Yes N/A

Details of other people (if any) who provided assistance with the ACP process:

Name:

Phone:

Relationship:

IMPORTANT: You can have your AHD, EPOA, revocation documents, QCAT Decisions and Statement of Choices uploaded to your Queensland Health electronic hospital record, for easy access by authorised clinicians. Send/scan a copy of all pages to the:

Statewide Office of Advance Care Planning

Email: acp@health.qld.gov.au Fax: 1300 008 227 Post: PO Box 2274, Runcorn QLD 4113

For more information phone: 1300 007 227