

*Advance Care  
Directive Association Inc*

## **My Health, My Future, My Choice: An Advance Care Directive for New South Wales**

*Authored by Sara Graham, Anne Hampshire, Elizabeth Hindmarsh,  
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Do you want to have a say in what happens to you if you need health care treatment and you cannot speak for yourself? Every day, families, friends and medical professionals are faced with difficult decisions about the health care of seriously ill or injured people. These decisions are especially hard when the person is unable to communicate their health and personal care choices.

This book explains what people can do to make sure their health and personal care choices will be known in the future. It is easy-to-read and is set out like a workbook with sections for the reader's notes.

The book contains a four-page advance care directive form. The form has been designed to make it as simple as possible for people to record their choices about their health and personal care. The book and the form have been written for use in New South Wales and are relevant to adults of all ages.

### **About the authors**

The authors have experience in and expert knowledge of aged care, health, general practice, nursing, education and community welfare.

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