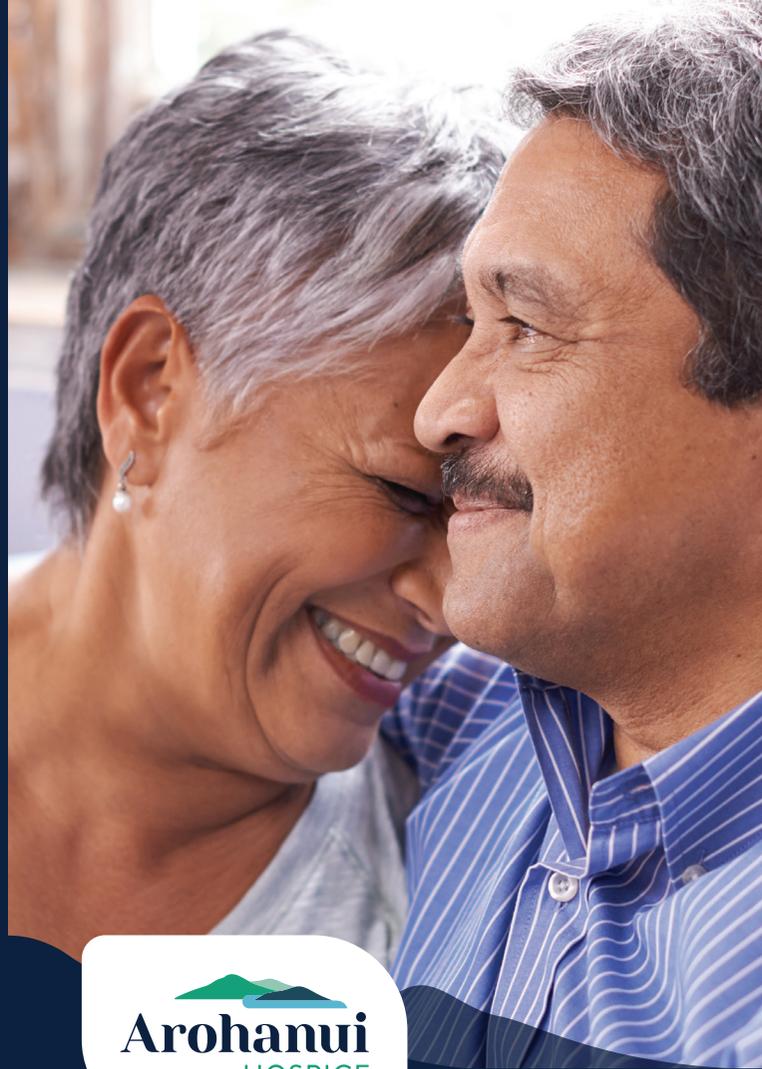


This information has been produced as a guide only to help you and your family plan for difficult times. Please consult your legal representative for advice.



## Arohanui Hospice

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# Taking Control

This brochure provides guidelines to help you make plans so that if you are unable to communicate, your family/whānau, friends and medical advisors will be in a better position to know what you want in relation to your care.



## Advanced Care Planning (ACP)

Advanced care planning (ACP) is the process of thinking about, talking about, and planning for future healthcare and end-of-life care.

An ACP is a written record that includes your wishes, preferences, values, and goals relevant to your current and future medical care. This plan is often written alongside discussion with your whānau/family and healthcare team.

Templates and booklets are available to record your ACP. These can be shared with your healthcare professional and signed by them. Your completed plan can then be used to guide decisions made on your behalf.

## Advanced Directive (from [hdc.org.nz](http://hdc.org.nz))

An advanced directive is a statement signed by a person setting out in advance the treatment wanted, or not wanted, in the event of becoming unwell in the future. This can be prepared with the help of a healthcare professional.

In NZ these documents are not legally binding but provide guidance and allow doctors to make decisions which respect your wishes and underlying values.

The most important thing to remember is that while you remain able to give permission and make decisions for yourself, the advance directive will have no effect. It only becomes effective when you are medically assessed as being unable to make a decision for yourself.

If you wish to have some more information about this please contact your GP, Arohanui Hospice palliative care social worker, palliative care nurse or lawyer.

## Enduring Power of Attorney (EPA)

An Enduring Power of Attorney (EPA) is a legal document which can only be completed with a lawyer, qualified legal executive or representative of a trustee corporation (like the Public Trust).

When you set up an EPA, you choose someone you trust to make decisions for you if you can no longer decide for yourself.

There are two types of EPA:

1. Covers your PROPERTY (your money and assets). This can come into effect before you lose mental capacity if you require this.
2. Covers your PERSONAL CARE & WELFARE. This only comes into effect if a medical professional decides you have become 'mentally incapable'.

## Wills

A Will is a legal document which aims to express your wishes about what should happen to your body, your estate, and your dependents after you die.

You can either complete a Will yourself using a template (if you have never completed a Will before), or have a lawyer or representative of a trustee company draw one up for you. All Wills need to be signed and witnessed correctly to be valid. If you have known family complexity (e.g. a blended family), it is advised that you seek advice from a lawyer to complete your Will.

If you have an existing Will, it is important to make sure it is up to date as there are a number of factors which can make your will invalid, such as a marriage or divorce.

