

Have your say in your health care advance care planning



think about it. **talk** about it. **share** it.

What if something happened and you couldn't express your health care wishes.

Make sure your health care choices are known. Consider what's important to you and discuss it with your loved ones and your health care team so you can guide future decisions about your health care.



You can't predict what the future holds.



think about your values, your beliefs and what's important to you.



talk with your family and those close to you about your future health care choices.



share the information with your family and health care team.

Get a FREE COPY of your advance care planning workbook at:

Central Coast Local Health District - Carer Support Unit: Ph: 4320 5556

www.cclhd.health.nsw.gov.au/services/carers-support