

18/03/2021

# Health Matters in McKinlay Shire

**March 22-26, 2021 is National Advance Care Planning Week.**

**What is Advance Care Planning?** It's a process of considering your future health care wishes and putting them down on paper so that your family, friends and health care providers know what you want for your health when you can't tell them yourself.

**Documents you can complete to support your health care choices range from the less formal 'Statement of Choices' through to a legally binding 'Advance Health Directive'.**

It can be confronting to think about own mortality and it can be uncomfortable to have these kinds of discussions with loved ones. Despite the difficulties, I encourage anyone who is interested to find out more.

**There will be a free information session at the Julia Creek Library,  
Wednesday 24/3/21, 11.00am – 1.00pm. All are welcome.**

Alternatively, you can go to [www.advancecareplanning.org.au](http://www.advancecareplanning.org.au)

Or, you can call 1 300 208 582 (Mon-Fri 9am-5pm AEST) for free advice.

**This year, Advance Care Planning Australia's message is:**

***'Plan for the Best. Important life choices are planned, not left to chance.***

***Advance care planning gives you a voice in your medical care, no matter what the future brings.'***

Yours in good health,

Nicole Morris, Community Nurse (ph: 0447 773 151)