

## Where can I get an Advance Care Directive?

Visit the Advance Care Directives website:  
[www.advancecaredirectives.sa.gov.au](http://www.advancecaredirectives.sa.gov.au)

Here you can:

- Download and print the Form and supporting information for FREE
- Complete the interactive Form online which will guide you through the process for FREE
- Obtain a hard copy of the **Advance Care Directive Do-It-Yourself Kit** to be sent to a nominated address (postage fees may apply)
- View the full list of collection points for your FREE hard copy of the Advance Care Directive Do-It-Yourself Kit.

## For more information

The Advance Care Directives website has additional information, resources and links to help you complete an Advance Care Directive.

Visit [www.advancecaredirectives.sa.gov.au](http://www.advancecaredirectives.sa.gov.au) and make your wishes for future care known.

The Legal Services Commission of South Australia can give advice and witness your Advance Care Directive for free.

Phone: 1300 366 424



# YOUR WISHES FOR FUTURE CARE.



There may come a time where you are unable to make a particular decision or properly communicate your wishes for future care.

Any adult can complete an Advance Care Directive, whether you are young, older, healthy or sick.

It can be used for a number of reasons, including:

- An accident or mental health episode
- Dementia or similar condition
- A sudden illness such as a stroke
- Because you are unconscious or in a coma.

To make an Advance Care Directive, it must be your choice and you must:

- Be aged 18 years and older
- Have decision-making capacity
- Know what an Advance Care Directive is
- Know what it will be used for and when it will be used.

## What is an Advance Care Directive?

An Advance Care Directive is a legal form that allows you to provide direction about your care in advance.

## What will it allow me to do?

It can record your wishes for your future care, including health care, end of life, preferred living arrangements and other personal matters.

It can also be used to appoint one or more adults (known as Substitute Decision-Makers) to make these decisions for you, if you are unable to make particular decisions.

## Why should I have one?

It can give you peace of mind knowing that those who care for you will know what you want when you are no longer able to make particular decisions or communicate your wishes and preferences. It can also help avoid family conflict in stressful situations.

## What does the Advance Care Directive Kit contain?

- A Do-It-Yourself Guide
- An Advance Care Directive Form
- The Information Statement
- Information for Substitute Decision-Makers
- Information for Witnesses
- Information for Interpreters
- A wallet card.

