

# **THE IMPORTANCE OF ADVANCED CARE PLANNING (A LIVING WILL)**

## **WHAT IS ADVANCED CARE PLANNING?**

Advanced Care Planning (ACP) is the process of planning for your future health and personal care. It includes discussing your personal beliefs and goals for care with your loved ones and healthcare providers.

## **WHY IT MATTERS**

Sharing your wishes and values in advance helps your loved ones understand what treatment decisions you would prefer in a medical crisis.

If you become unable to speak for yourself one day, your loved ones will have peace of mind when they make healthcare decisions on your behalf.

## **WHO IT'S FOR?**

Advanced Care Planning is for everyone, regardless of age or state of health. Though you cannot predict the future, you can prepare for the unexpected by letting your family know what kind of care you'd like to receive should you become very ill one day.

## **HOW TO GET STARTED**

Advanced Care Planning begins with having an open conversation with your loved ones about your wishes and goals for care.

Use our online tool to explore and share your care preferences with your loved ones.

<https://hpca.co.za/living-matters/>

Hospice Palliative Care Association of South Africa