

# ACP - Advance Care Planning

ACP is an important conversation about your future health and personal care.

“If we know your choices for future health care, we can respect them.”

## Advance Care Planning includes:

<p>Thinking about your values, beliefs and health goals</p> 	<p>Choosing someone to speak on your behalf if ever you can't</p> 	<p>Making sure you have a say in your own health care</p> 	<p>Talking with your family, doctors and people you have chosen to speak for you</p> 
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## ACP Quick Facts:

<p>ACP is for everyone you can be fit or young</p> 	<p>ACP supports your loved ones during a medical crisis</p> 	<p>ACP helps your health care team to plan the best care for you</p> 	<p>ACP is more than an end of life conversation</p> 
<p>Your ACP can change as your life and health changes</p> 	<p>Your ACP choices can be kept in your medical record</p> 	<p>ACP is a conversation that matters</p> 	<p>ACP helps you get the care that is right for you</p> 

For more information contact information [acp@act.gov.au](mailto:acp@act.gov.au) or (02) 5124 9274.



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