



Advance Care Planning: *Your Life.* Your Choice.

mecwacare, together with Western Victoria Primary Health Network, are pleased to invite you to hear about the benefits of advance care planning and how it keeps you in control of your health care as you age. It will also be helpful for carers to learn how to support their loved ones to prepare for future health care decisions.

When Wednesday 24th July 2024
10am - 11:30am

Where mecwacare Ballan Health and Care Training room

Cost Workshop: free
Morning tea: free

For more information and to register, contact Louise Mayall, RN1 (Advisor in Healthy Ageing)

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REGISTER
YOUR
INTEREST

What to expect:

- Easy to understand information on what an advanced care plan looks like.
- How to fill in an Advanced Care Directive and what is required.
- How to promote conversation starters and share conversations.

Who should attend:

- Anyone
- The best time to start advance care planning is right now, regardless of your age or health.
- If you haven't written your preferences or chosen a substitute decision maker, doctors may need to make treatment decisions based on what they think is best for you. This may include treatments that you would not want.

Freecall 1800 163 292

• mecwacare.org.au