



Government
of South Australia

Office of the Public Advocate

Advance Care Directives

Easy Read fact sheet



How to use this fact sheet



The Office of the Public Advocate (OPA) wrote this fact sheet.

When you see the word 'we', it means OPA.



We wrote this fact sheet in an easy to read way.

We use pictures to explain some ideas.

Not bold
Bold

We wrote some important words in **bold**.

This means the letters are thicker and darker.



We explain what these words mean.

There is a list of these words on page 16.



This Easy Read fact sheet is a summary of another fact sheet.

This means it only includes the most important ideas.



You can find the other fact sheet on our website.

www.opa.sa.gov.au/information-service/fact-sheets



You can ask for help to read this fact sheet.

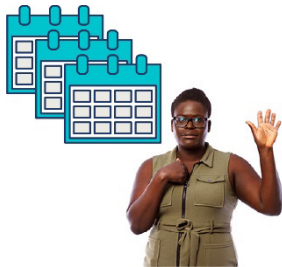
A friend, family member or support person
may be able to help you.

What is an Advance Care Directive?



An **Advance Care Directive (ACD)** is a legal document.

When you make an ACD, you talk about what you want:

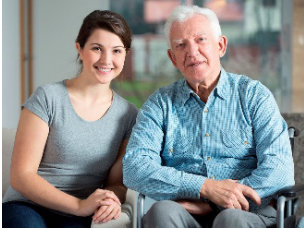


- for your future



- if you can't make a decision on your own.

When you make your ACD, you decide:



- who can make decisions for you



- what you want them to make decisions about



- what decisions you want them to make.

What can you say in an Advance Care Directive?

In your ACD, you can say:



- what health care you need



- where you want to live.

You can talk about:



- who you want to look after parts of your personal life



- how you want parts of your personal life to be looked after.

Your ACD does not cover decisions about:



- your money



- things you own



- legal matters.

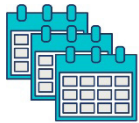
How do you make an Advance Care Directive?



You must use an official Advance Care Directive Form to make your ACD.



We talk about how you can get the form on page 14.



You can write down what you want for your future.



You can include details about what you want for the end of your life.



An **authorised witness** must sign your ACD.



An authorised witness is a person given the power to sign legal documents.

Your authorised witness can be someone from this list:



- a teacher



- a nurse



- a pharmacist



- a lawyer



- a religious minister



- a marriage celebrant



- a **Justice of the Peace.**



A Justice of the Peace is someone with the power to sign different types of legal documents.



Your authorised witness can be a doctor.



But you can't ask your regular doctor to be your authorised witness.

Your authorised witness can also be someone from this list:



- a police officer
- a bank manager
- a local government worker
- a state government worker
- an Australian government worker.



But they must have worked in their job for 5 years in a row or longer.

Substitute decision-makers



A **substitute decision-maker (SDM)** is someone you choose to make decisions for you in an ACD.



You can choose 1 or more people to be your SDM.



It helps your SDM if you put lots of details in your ACD.

Your SDM should:



- help you make decisions you aren't sure about



- ask you what you want and need.



Your SDM must think about what you:

- wanted in the past
- want or need now.

Your SDM must think about how to protect your:



- freedom



- **rights.**



Rights are rules about how you should be treated.



Your SDM must think about keeping you safe.



Your SDM should:

- think about your instructions
- try to follow your instructions.

This includes your instructions for:



- health care
- where you live
- personal decisions
- end of life care.

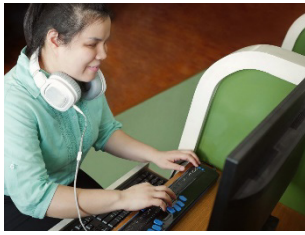


Your SDM must make sure you don't get any treatment you don't want.



Your SDM must make their decisions as if they are you.

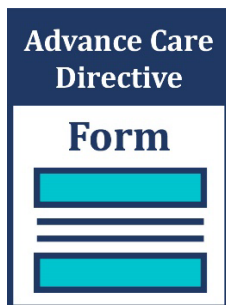
How do you get an Advance Care Directive form?



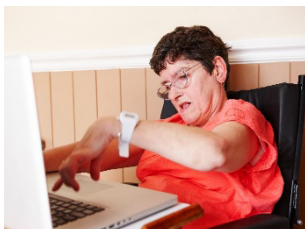
You can find the ACD form online.



www.advancecaredirectives.sa.gov.au



You can contact Services SA to get an ACD form.



You can visit the Services SA website.

service.sa.gov.au



Or you can call Services SA.

132 324



You can call the Legal Services Commission.

1300 366 424



You should also make copies of your ACD.



You should give these copies to your doctor.

Word list

This list explains what the **bold** words in this document mean.



Advance Care Directive (ACD)

An ACD is a legal document.

When you make an ACD, you talk about what you want:

- for your future
- if you can't make a decision on your own.



Authorised witness

An authorised witness is a person given the power to sign legal documents.



Justice of the Peace

A Justice of the Peace is someone with the power to sign different types of legal documents.



Rights

Rights are rules about how you should be treated.



Substitute decision-maker (SDM)

A substitute decision-maker (SDM) is someone you choose to make decisions for you in an ACD.

Contact us



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www.opa.sa.gov.au



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