

13 March 2025

Are You Good to Go? National Advance Care Planning Week

Wentworth Healthcare, provider of the Nepean Blue Mountains Primary Health Network, is encouraging everyone, regardless of age or health status, to start thinking about their future healthcare plans this National Advance Care Planning Week which runs from 17 to 23 March 2025.

National Advance Care Planning Week raises awareness about the importance of planning for the future and ensuring that your healthcare and end of life wishes are known and respected. It's not just for older people - anyone, at any age, can be faced with unexpected illness, injury, or a situation where they can no longer make decisions for themselves.

Wentworth Healthcare CEO, Lizz Reay, emphasised that it's never too early to plan ahead.

"You can never predict when something might happen. No one is immune to accidents, illnesses, or emergencies that could leave you unable to make decisions about your own care. Advance care planning is for everyone, no matter your age or current health."

"It's about ensuring that your wishes are known and respected when the time comes, whether that's about your treatment preferences, where you'd like to be cared for, or whether you'd like to be an organ donor," she said.

Research shows that only a small percentage of people in Australia currently have their wishes documented. According to Advance Care Planning Australia, only 29% of older Australians have any type of advance care planning document, and even fewer have one that is legally-binding.

"Advance care planning is a way to communicate your values, preferences and decisions about your healthcare and end of life care. This can reduce family stress, prevent conflicts and ensure that your care aligns with what you want, especially in critical moments."

"It can also prevent unwanted hospital admissions or situations where you may end up in a hospital, emergency room, or ambulance when you'd prefer to be at home with loved ones," said Ms Reay.

To help start these important conversations, Wentworth Healthcare will be hosting a free community information session on **Thursday 8 May 2025, from 10:00 AM – 11:30 AM at Penrith City Library, 601 High St, Penrith**. The session will discuss the importance of advance care planning, what is involved and how you can create your own plan.

"We encourage everyone to take time during National Advance Care Planning Week to talk about their healthcare wishes, not only with their GP, but also with their family and friends," Ms Reay said.

For more information and to register for the event visit **nbmphn.com.au/community-events**

For more information about Advance Care Planning and end of life care, visit **nbmphn.com.au/Advance-Care-Planning**



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