

Taking Care of Dying Time Step 1 – Advance Care Planning

<https://youtu.be/xb7xixHqgBQ> - 10 minute version

<https://youtu.be/CdvI8IG5rZ0> - 4 minute version

The Advance Care Planning Initiative (East Hume and Border) is delighted to release the **Taking Care of Dying Time** video which has been produced in conjunction with the Central Hume Koolin Balit Project and Central Hume Primary Care Partnership.

Advance Care Planning is having a conversation with family, friends and your doctor about the type of medical care you would want or not want to receive if you became seriously ill or injured. Writing down your advance care planning conversation in a plan, directive or letter helps people to know and remember what you want and makes it easier to communicate your wishes.

In **Taking Care of Dying Time** Chris Thorne (Central Hume Aboriginal Community Support Worker - Koolin Balit) talks about his recent experience where advance care planning would have been of very real benefit. In the video Chris encourages everyone – young and old – to talk with their family and write down an advance care plan so people will know their wishes if they become seriously ill or injured and cannot speak for themselves.