our voice | Advance
tō tātou reo | Care
Planning

Talking about your Future Health Care

Now that you've thought through some of the issues, you need to discuss it with some key people. Who do **you** need to talk to about this?

These conversations may take some time to have so you need to identify who you need to talk to, when and where you'll do that, and what you need to cover.

NB. You can either **type** in your notes and **save** this document to your computer, or **print** it so you can **write** in your notes.

Healthcare Team

Being clear about what matters most to you is the first step.   Your healthcare team will help you think about which future treatment and care decisions will be right for you. It is a good idea to talk to them about this especially if you have strong preferences for, or against, certain medical treatments.

	Who	When	Where	What to cover
GP				
Specialist				
Nurse				
Other				
Other				

Scroll down as you also need to identify who from your family/whānau, friends and others you need to talk to

Family/whānau, Friends & Important Others

Conversations with the people who are important to you can provide a shared understanding of what matters most to you and them. Then, when decisions do need to be made about treatments and care in the future this shared understanding should make it easier. When talking with others, you might like to start the conversation with something like:

"I was thinking about the future and I was hoping to share my thoughts with you."   or   *"Even though I am okay right now, I want to be prepared if things get worse. Can you help me with that?"*

	Who	When	Where	What to cover
Partner / spouse				
Children				
Other family/ whānau				
Priest, minister or kaumātua				
Friends				
Your Enduring Power of Attorney (personal care & welfare)				
Other				

It is okay if these conversations reveal that that you and someone important to you do not agree. It is good to know this and to continue to talk about it.

Once you've talked to those you need to, you'll be ready to make your Plan.