# PART C

# > Resources

# **Advance Care Planning**

Palliative Care Australia contains specific information about Advance Care Planning for the state in which you live. Palliative Care Australia:

- http://palliativecare.org.au and for information on Advance Care Planning:
- http://palliativecare.org.au/support-andservices/advance-care-planning

# Alzheimer's Australia

Alzheimer's Australia advocates for the needs of people living with all types of dementia, and for their families and carers. Alzheimer's Australia provides support services, education and information.

- National office telephone: (02) 6278 8900
- Mational office email:
  - nat.admin@alzheimers.org.au
- https://fightdementia.org.au (with links to contact Alzheimer's Australia offices in each state)

# **Carers Australia**

Carers Australia is the national peak body representing Australia's carers. It has offices in each state and advocates on behalf of carers to influence policies and services and to deliver a range of carer services.

Telephone: 1800 242 636
 ✓ www.carersaustralia.com.au (contains contact details of Carers offices in each state)

# **Council On The Ageing (COTA)**

COTA is a national peak organisation which representing the rights, needs and interests of older Australians. It makes representation to Australian Government representatives on issues of relevance to older people.

hone: (02) 6154 9740

@ Email:

cota@cota.org.au

www.cota.org.au/australia
(with links to COTA in each State & Territory)

# **Decision Assist**

Decision assist provides palliative care and advance care planning advice and advisory services to older people, aged care staff and General Practitioners nationally.

Telephone: 1300 668 908
✓ www.decisionassist.org.au

# Department of Health in your State or Territory

# **ACT**

www.health.act.gov.au
Telephone: 13 2281

# **NSW**

www.health.nsw.gov.au
Telephone: (02) 9391 9000

# **Northern Territory**

www.health.nt.gov.au
Telephone: (08) 8999 2400

# Queensland

www.health.qld.gov.au
Telephone: (07) 3234 0111

# **South Australia**

www.sahealth.sa.gov.au
Telephone: (08) 8226 6000

# Tasmania

www.dhhs.tas.gov.au
Telephone: 1300 135 513

# Victoria

www.health.vic.gov.au

Legional Telephone: 1300 650 172 or (03) 9096 0000

# Western Australia

www.health.wa.gov.au
Telephone: (08) 9222 4222

# **Elder Abuse**

# **Australian Government**

Myagedcare

www.myagedcare.gov.au/legal-information/ elder-abuse-concerns

▼ Telephone: 1800200422

# **Australian Capital Territory**

ACT Government Community Services: Older Persons Abuse Prevention Referral and Information Line

www.communityservices.act.gov.au/wac/ageing/ elder\_abuse\_prevention\_\_and\_\_assistance

📞 Telephone: (02) 6205 3535

# **NSW**

Senior Rights Services Elder Abuse

http://elderabusehelpline.com.au
Helpline Telephone: 1800 628 221

# **Northern Territory**

Northern Territory Police

www.pfes.nt.gov.au/Contact-us.aspx

📞 Assistance Telephone: 13 14 44

Family violence Units:
Alice Springs: 8951 1891
Darwin: 8999 0865
Katherine: 8973 9663

# Queensland

Queensland Government:

www.qld.gov.au/seniors/safety-protection/elderabuse

Elder Abuse Prevention Unit

www.eapu.com.au

📞 Helpline Telephone: 1300651192

# **South Australia**

Aged Rights Advocacy Service:

www.sa.agedrights.asn.au

Helpline Telephone: 1800 372 310 Rural 1800 700 600

# Tasmania

Advocacy Tasmania

@ Email:

eahelpline@advocacytasmania.org.au

Lelpline Telephone: 1800 441 169

#### Victoria

Domestic Violence Resource Centre Victoria

www.dvrcv.org.au/elder-abuse-hotline
Helpline Telephone: 1800 441 169
Mobile and Interstate: (03) 6237 0047

Senior Rights Victoria

https://seniorsrights.org.au
Helpline Telephone: 1300 368 821

#### Western Australia

Advocare Incorporated

www.advocare.org.au

Helpline Telephone: 1300 724 679
 Country Callers: 1800 655 566

# **Elder Rights Advocacy**

Level 2, 85 Queen Street Melbourne VIC 3000

www.era.asn.au

# **Health Service Complaints**

First point of call for any complaint is to the patient liaison service or patient complaints or patient advocate office at the hospital. If the complaint is not resolved or you are dissatisfied with the response received, you can contact the Health Service Commissioner for your State or Territory.

# Victoria

**Health Services Commissioner** 

Telephone: 1300 582 113
Fax: (61 3) 9032 3111

@ Email:

hsc@dhhs.vic.gov.au

www.health.vic.gov.au/hsc

# **NSW**

**Health Care Complaints Commission** 

Telephone: 1800 043 159
Fax: (02) 9281 4585

@ Email:

hccc@hccc.nsw.gov.au

www.hccc.nsw.gov.au/Home

#### **ACT**

Health Services Commissioner Telephone: (02) 6205 2222

Fax: (02) 6207 1034

@ Email:

human.rights@act.gov.au

http://hrc.act.gov.au/health/health-servicecomplaints

#### **Tasmania**

Health Complaints Commissioner

Leghone: 1800 001 170

@ Email:

health.complaints@ombudsman.tas.gov.au

www.healthcomplaints.tas.gov.au

# Queensland

Office of the Health Ombudsman

Telephone: 133 OHO (133 646)

Fax: (07) 3319 6350

@ Email:

complaints@oho.qld.gov.au

www.hqcc.qld.gov.au

# **South Australia**

Health and Community Services Complaints Commissioner

Telephone: 1800 232 007

@ Fmail:

info@hcscc.sa.gov.au

www.hcscc.sa.gov.au

# Western Australia

Health and Disability Services Complaints Office

📞 Telephone: 1800 813 583 Fax: (08) 6551 7630

@ Fmail:

mail@hadsco.wa.gov.au

www.hadsco.wa.gov.au

# **Northern Territory**

Health and Community Services Complaints Commission

📞 Telephone: 1800 004 474 Fax: (08) 8999 6067

@ Email:

hcscc@nt.gov.au

www.hcscc.nt.gov.au

# My Aged Care

Phone: 1800 200 422

www.myagedcare.gov.au

# My Health Record

https://myhealthrecord.gov.au

# Office for Public Advocate/Public Guardian

The Office of the Public Advocate supports the rights and interests of people who are unable to advocate on behalf of themselves

# Victoria

Telephone: 1300 309 337

@ Email:

opa\_advice@justice.vic.gov.au

# **NSW**

Telephone: (02) 8688 2650 (STD 1800 451 510) www.publicguardian.justice.nsw.gov.au

📞 Telephone: (02) 6207 0707

@ Email:

pa@act.gov.au

#### **Tasmania**

📞 Telephone: (03) 6165 3444

@ Email:

public.guardian@info.tas.gov.au

www.publicguardian.tas.gov.au

# Queensland

📞 Telephone: (07) 7 3224 7424

@ Email:

public.advocate@justice.qld.gov.au

www.justice.qld.gov.au/public-advocate

#### **South Australia**

📞 Telephone: 1800 066 969

www.opa.sa.gov.au

# Western Australia

Telephone: 1300 858 455

www.publicadvocate.wa.gov.au

# **Northern Territory**

Telephone: (08) 8922 7343

www.health.nt.gov.au/Aged\_and\_Disability/ Adult\_Guardianship/index.aspx

# **Additional resources**

friendly taxi service.							
Notes:							

Add resources available to you and the person you support in your local area. For example, continence assistance, aides and equipment (hire and/or purchase), where to purchase thickened fluids, wheelchair

# > Advance Care Plan

What is an advance care plan? It is a document that records:

- directions about medical treatment
- the person appointed as the substitute decision-maker
- preferences about health and personal care
- preferred health outcomes.

An Advance Care Plan is made by a competent person for a future time when they may not be competent to make decisions for themselves or be unable to communicate these directions.

If the person you support does not have an Advance Care Plan and you would like to organise one, speak to their general practitioner or a health professional at the hospital. If the person you support has an advance care plan it can be attached to their *My Health Record* or to this Carer Controlled Health Record.