

Title	Reflections on a decade of Advance Care Planning (ACP) in a Residential Aged Care (RAC) facility.
Number	41
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Abstract	<p>AIM To reflect on the implementation of ACP in a RAC facility since 2004.</p> <p>BACKGROUND In 2004 our facility began a journey with Residents & families to assist them with making decisions and having choices about the end of their lives. Initially, letters were sent to families with information on ACP included and responses were generally positive; except one that stated “she would never sign because it is about no care, not advanced care”. For many it was met with suspicion and made others uncomfortable because speaking about death and dying was a taboo. Even within our own industry it was met with apprehension as it was often confused with Advanced Care Directives. The initial tool used was developed by the then Hunter Division of General Practice; it was a pre-cursor to the Central Coast Division of GP tool which came out in 2006/07.</p> <p>OUTCOME Over time the tools have continued to be refined & current ones have moved from the early medical model to one that is person-centred, in plain English & with multiple links to useful & informative resources. Parallel to our journey is the corresponding maturity in the development & embedding of ACP into local health districts, state health & legal literature & the growth of a national conversation & awareness. Now, in 2015 the majority of our Residents’ have an ACP. The process still begins at pre-admission interview but attitudes have noticeably shifted with many more families & Residents participating in more open discussions.</p>