



# Kiama Downs Medical Practice

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This is our practice's pack for you to help prepare your Advanced Care Directive.

Here are the steps that we recommend:

- Please print the NSW Advanced Care Directive pack by [clicking here](#) or by asking our reception team to print it for you.
- Read it carefully and only complete sections you are confident with.
- Bring it to a 15 minute appointment with your GP. We will help you complete it. We will then scan a copy for your medical record so that it is always on file.
- We recommend that you also upload a copy to your My Health Record which can be done by [clicking here](#)

Kind Regards,

The Team at Kiama Downs Medical Practice

The direct link to the NSW Advanced Care Directive pack is here:

<https://www.health.nsw.gov.au/patients/acp/Publications/acd-form-info-book.pdf>

The direct link to the My Health Record Advanced Care Directive Upload is here:

[www.myhealthrecord.gov.au/for-you-your-family/howtos/add-advance-care-plan](http://www.myhealthrecord.gov.au/for-you-your-family/howtos/add-advance-care-plan)

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