



我的晚晴意願 My Farewell Wishes

Advance Care Planning:
A Values Directive

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The Chinese Cancer and Chronic Illness Society of Victoria acknowledges and pays respects to the traditional custodians of our lands on which we work, the Wurundjeri people of the Kulin Nations and their rich culture. We pay our respects to Aboriginal and Torres Strait Islander people, their ancestors and elders, both past and present.

免責聲明 Disclaimer

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以下是我的晚晴意願聲明。

The following is a statement of my farewell wishes.

我怨切要求我的親人和朋友尊重我的意願,即使他們未必同意我的想法。

I kindly ask my family and friends to respect my wishes even though they may not agree with me.

我亦請他們把我的離世視為人生必經的階段,希望他們在我離世後能盡快回復平靜的生活。

I also ask that they see my death as a rite of passage, and I wish for them to live at peace after my death.



如果您需要協助完成這本小冊子,歡迎您與維省新生會的社工聯絡聯絡方式請參看本書封底(最尾頁)

If you require assistance with completing this booklet, you could contact social workers from the Chinese Cancer and Chronic Illness Society of Victoria.

For contact details, please refer to the back cover.

世事萬物皆有盡頭,我們的生命亦有完結的一天。雖然我們無法決定生命的長短,但卻可以在自己仍有能力時,預先向至親表達自己的晚晴意願(如在死亡臨近時,希望得到怎樣的照顧)。我們了解到,受中華傳統文化的影響,華人對待死亡的態度與西方文化有所不同。例如出於孝道的考慮,華人子女常認為應不顧一切、積極搶救生命垂危的長輩直至最後一口氣、才算是「盡了孝」。然而,隨著人類平均壽命的不斷延長,若能在生命末段時過著有尊嚴和高質量的生活,是一個人的福氣、亦值得我們去重視和考慮。

在維多利亞州(澳大利亞),自2018年3月起,按醫療計劃及決定法案2016(Medical Treatment Planning and Decisions Act 2016)的規定,個人可以訂立具有法律效力的「預設醫療(護理)指示」(以下統稱為「預設醫療指示」),來記錄自己的晚晴意願以及在生命垂危時醫療照顧方面的指示。而只有當個人失去做決定的能力時,其預設醫療指示才開始起作用。具法律約束力的預設醫療指示文件必須以英文書寫,並在一位註冊醫生及另一位獨立成年見證人面前簽署,方為有效。您還可以委任一名(您的)醫療決策者,來確保您的預設醫療指示得以遵循。您的醫療決策者也必須在相關文件上簽署,來接受您的委任。若您沒有訂立任何預設醫療指示文件或尚未委任一位醫療決策者,在您無法做醫療決定時,您的醫生(或醫療團隊)將依照以下順序、征求您最親近的親屬或保有密切關係的人來為您做醫療決定,包括您的:

- 1. 配偶或同居伴侶
- 2. 主要照顧者 (照顧您的人且不能是您付薪僱用的人)
- 3. 成年子女
- 4. 父或母
- 5. 成年的手足(兄弟姐妹)** 同一順序有多位成員時,以年長者為先。

如果您沒有家人,當您失去為自己做決定的能力時,維多利亞之公 眾代言人 (Public Advocate)便可能會被要求代您做醫療決定。 (請訪 問公眾代言署 (OPA)相關網站,查詢更多相關信息)

在維多利亞州的預設醫療指示文件中,您可以製定兩種類型的指示: (1) 指令性指示 (Instructional Directive), 具有約束力的聲明, 您可以寫下您願意及不願意接受的治療方法及手段。您的醫護人員將必須遵守您的指示。由於指令性指示規範了醫療人員在治療您時可以採用的治療方法, 因此您必須非常小心且清楚明白所寫內容的含義及其後果。 (2) 價值觀取向性指示 (Values Directive), 您可以寫下總體上

Introduction

Our lives will come to an end one day. While we cannot control our lifespan, we can advise our loved ones well in advance on our farewell wishes (such as how we would like to be cared for when our last days are approaching). We are aware that, influenced by traditional Chinese culture, the attitude of Chinese towards death is different from that of Western culture. For example, out of filial piety, Chinese often believe that we should insist on providing life-prolonging treatments to our parents who might be dying, to be regarded as being filial. However, as the average life expectancy of human beings continues to increase, living with dignity and quality at the end of life is also important for one's wellbeing and also worthy of our attention and consideration.

In Victoria (Australia), as of March 2018, the *Medical Treatment Planning and Decisions Act 2016* allows you to give legally binding farewell wishes and instructions in relation to your end-stage medical decisions. They are called advance care directives. Your directives are only utilised when you lose your capacity to communicate your wishes. To make the directives legally binding, you need to complete them in English, and sign them in front of two (2) independent adult witnesses, one of whom is a registered medical practitioner. You can also appoint a medical treatment decision maker who will ensure your advance care directives are followed. Your medical treatment decision maker will need to sign to accept the appointment. If you do not have any advance care directives in place nor any appointed medical treatment decision maker, your medical decisions will be made by your closest relative or the first of the following persons who is in a close and continuing relationship:

- 1. your spouse or domestic partner
- 2. your primary carer (who looks after you but cannot be paid to care for you as a job)
- 3. your adult child
- 4. your parent
- 5. your adult sibling (sister or brother)
- * If more than one person is in the same position, the eldest person will be dedicated.

If you don't have any family, Victoria's Public Advocate might be asked to make the medical treatment decision for you if you lose your capacity to make your own decisions. (For more information, please visit the website of the Office of the Public Advocate.)

There are two types of directives you can make within the Victorian advance care directive: (1) An Instructional Directive, a legally binding statement in which you consent to, or refuse, specific future medical treatment. Your health practitioners must follow your directive as this is a legally binding statement which restricts the medical treatment that can be offered by your health professionals, you must make sure you understand the meaning and implications of your statement made. (2) A Values Directive, a statement of your overall values and preferences as to treatment options for your end-

您對醫藥治療的價值取向與喜好。此指示所提供的信息可幫助您的醫療決策者(Medical Treatment Decision Maker)盡可能做出符合您意願的決定。他們應當同意他們認為您會想要的治療,並拒絕他們認為您不想要的治療。特別是在緊急情況下,若無法聯繫到您的醫療決策者,價值觀取向性指示將指導醫務人員提供與您的價值觀取向一致的治療。在訂立預設醫療指示文件時,您可以選擇訂立其中一種或同時訂立兩種指示。

這本《我的晚晴意願》小冊子旨在幫助您與您的家人和其他醫護人員開啟關於您在臨終時想要得到的照顧方面的對話。若您的親人需要為您做出醫療決定,這也是一份他們可以遵循的指南。這本小冊子同時還將幫助您的醫生或其他醫護人員進一步了解對您來說重要的事情,特別是在無法聯繫到您的醫療決策者和家人的情況下。您可以用英文填寫本小冊子並由兩個獨立成年人見證您的簽名(其中一名須為澳洲註冊醫生,且兩位均不可以為您的醫療決策者),這將有助於明確小冊子中所提及的內容是您真實的意願。若您在用英語填寫表格時遇到困難,建議您尋求適當的語言支持。

本小冊子並不能夠向您的醫生或護理人員提供具有約束力的指示。若您確實希望提前授意或拒絕某些治療手段或方法,您應該填寫由維多利亞州政府為成年人提供的「預設醫療指示表格」(a Victorian advance care directive form (for adults))。這必須用英語完成並由兩位成年人見證您的簽名,且其中一位見證人必須是注册醫生。

我們也鼓勵您完成以下法律文件,使您各方面的晚晴意願都能得以遵循:

- 1. 填寫「委任持續代理權」(Enduring Power of Attorney Appointment) 表格來委任一位持續代理人,為您作出重要的財務及個人決定。
- 2. 訂立遺屬: 遺屬是一份法律文件, 詳細說明個人在身故後如何分配自己的財產。我們建議您委託律師來起草您的遺屬。

^{**} 若您希望對「醫療計劃及決定法案2016」 (Medical Treatment Planning and Decisions Act 2016) 或上述相關法律文件有更深的了解,請諮詢有關法律人士。

of-life care. It provides information to help the medical treatment decision maker make, as closely as possible, the same decision that you would make for your yourself, if you were able to. They should consent to treatment(s) they believe you would want, and refuse treatment(s) they believe you would not want. If your Medical Treatment Decision Maker cannot be contacted, particularly in an emergency, the Values Directive will guide treating medical staff in providing the treatment(s) consistent with what you would want. In preparing your advance care directive, you can choose to complete either or both directives.

This 'My Farewell Wishes' booklet is designed to help you start a conversation with your family members and other healthcare providers about how you would like to be cared for at the end of your life. It is also a guide for your loved ones to follow, should they need to make medical treatment decisions for you. It will also help your doctor or other health practitioner understand what is important to you, particularly if your Medical Treatment Decision Maker and family cannot be contacted. Completing the form in English and having it witnessed by two people, one of whom is a medical practitioner, will help make it clear that the information in the document is what you want (neither witness can be your appointed medical treatment decision maker). You are recommended to seek appropriate language support if you have difficulties completing the form in English.

This *My Farewell Wishes* booklet does not give binding instructions to your doctor or health practitioner. If you do wish to give binding consent or refusal to certain treatments, you should complete a Victorian advance care directive form (for adults) provided by the Victorian State Government in advance. This form must be completed in English and witnessed by two adults, one of whom must be a medical practitioner.

We also encourage you to complete the following legal documents to make clear every aspect of your farewell wishes:

- Appoint an enduring power of attorney to make important financial and personal decisions for you by filling in the Enduring Power of Attorney Appointment form.
- Complete a will: A will is a written legal testament with detailed descriptions on how an individual wants his property to be distributed after he passes away. We recommend you have your Will drafted by a solicitor.

^{**} If you would like further information about the *Medical Treatment Planning and Decisions Act 2016* and the legal documents mentioned above, you should seek independent legal advice.

如何填寫《我的晚晴意願》小冊子使您安心釋然:

- 1. 反思您的信仰和價值觀, 並與您摯愛的親人討論。
- 2. 勾選適合您的選項,及/或直接寫下您在身體、情感、社交和精神方面的意願。
- 3. 如果您希望將這本小冊子用作您有效的價值觀取向性指示,您必須用英文填寫並在一位醫生和另一位獨立的成年見證人面前簽字。
- 4. 若您尚未指定一位您的醫療決策者, 您可參考並使用附錄表格。
- 5. 自己保留原稿並把副本交給
 - 。 您已委任的醫療決策者(如有), 及/或
 - 。您的至親及相關醫護人員(例如治療您的專科醫生),及/或
 - 。相關治療醫院,及/或
 - 。上傳一份到您的「我的健康記錄」(My Health Record)
- 6. 一旦您的情況有變, 請及時更新本小冊子。

How to complete this booklet and have peace of mind:

- a. Think about your beliefs and values, and discuss them with your loved ones.
- b. Tick any of the options that apply to you, and/or write down your own wishes for your physical, emotional, social and spiritual care.
- c. If you wish to use this booklet as your valid values directive, you have to **complete it in English** and sign in front of a medical practitioner and another independent adult witness.
- d. If you have not appointed your medical treatment decision maker(s), you could refer to and/or use the forms in the appendix.
- e. Keep the original copy and pass a certified copy to your medical treatment decision maker(s) (if there is one), your loved ones and other care providers such as your treating medical practitioner (or specialists in the hospital if relevant), and/or upload a copy of your advance care directive to My Health Record.
- f. Renew it whenever there is a change in your personal situation.



當我病重並失去表達能力時(或在我生命垂危時),在身體照顧上我有以下意願。(可剔選以下符合您意願的項目)

When I am very sick and unable to speak for myself (or I am at the end stage of my life), I wish to have the following physical care. (You can tick the following items that meet your wishes)

the lot	llowing physical care. (You t	an tick the following items	s triat meet your wishes)	
	我希望家人能告訴我 I hope that my family tells			
	只要不令我感到不適 I wish to have proper pers does not cause me discom	sonal care and have othe		
;	我不想承受痛苦,我輕我的痛苦與不適,輕我的痛苦與不會加速 釋治療通常不會加速 狀緩釋治療。 I do not want to be in pain me give me enough medi sleepy. I understand that but, if necessary, I would	即使這會讓我更加困死亡,所以相比起遭 . I ask that my doctor and cation to relieve my pain treating symptoms at th	倦。我知道在生命 受病痛折磨,我等 d other healthcare provi and distress, even if the e end of life does not u	末期時,症狀緣可接受末期的症 iders who look aften is makes me more sually hasten dying
	若主診醫生認為醫療 我不同意接受維持生 護理、藥物及紓緩治 生或專科醫生查詢。) If my doctor considers treat health condition but creat means. However, I under encourage you to talk to yo	命的治療方法來拖延療。 (若您對本環節) atments/procedures that te suffering, I do not con rstand that I will still re	生命。但我明白我有疑問,我們鼓勵 有疑問,我們鼓勵 are unlikely to help imp sent to be kept alive b ceive palliative care ar	仍會得到基本的 您向您的家庭醫 rove my debilitating y receiving artificiand medication. (We
	若我已接近人生的最》 If possible, when I am app comfort of:			
	O			
	寧養院舍 ** a hospice**	安老院舍 an aged care facility	至親 Living with my loved o	的家 one/s

^{**} 寧養院舍為臨終病人提供一個具醫院設備溫馨如家的舒適環境,並由專業照顧團隊為病者提供照顧服務。 A hospice is a place where specially trained staff care for people living with a terminal illness in a home-like environment with hospital-like facilities and resources.



您可以通過剔選以下項目來表達您對下列可能發生情況的想法: Tick the boxes in the following table to express your thoughts, should any of these situations arise for you.

	痛苦但可接受 Difficult but acceptable	勉強值得活著 Worth living but just barely	不值得活著 Not worth living	現在未能填寫 Cannot answer now
我已經無法辨認我 的家人和朋友 I can no longer recognise family/friends.				
我已無法說話,或 別人無法理解我 I can no longer talk or be understood by others.				
我要永久依賴呼 吸機來維持生命 I permanently rely on a breathing machine to keep me alive.				
我無法自己行動、 上落床,需要依賴 別人移動我 I can no longer move myself around, in or out of bed, and rely on other people to shift or move me.				
我無法自己吃 飯、洗澡或更衣 I can no longer feed, wash or dress myself				
我已經大小便失禁 I no longer have control of my bladder and bowels			Control Cuido Australi	

(Reference: Office of the Public Advocate [OPA] (State of Victoria). (2022). Take Control Guide. Australia, p. 16, https://www.publicadvocate.vic.gov.au/resource/212-take-control-june-2022)

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若您在身体照顧上仍有其他意願,請在這裏寫下來。 If you have any other wishes regarding physical care, please write down here:



當我病重並失去表達能力時(或在我生命垂危時),在情緒照顧上我有以下意願。(可剔選以下符合您意願的項目並填寫)

When I am very sick and unable to speak for myself (or I am at the end stage of my life), I wish to have the following emotional care. (You can tick the following items that meet your wishes and write down your personal preferences)

我想聽一些我喜歡的音樂。 I would like to listen to some music that I like.
最喜歡的歌手/作曲家:
我最喜歡的歌曲/樂章是: My favourite song is:
我希望在我病床附近放置一些我心愛的物品: I would like some of my favourite items placed near my bed:
〇 相片:
○ 首飾:
〇 紀念品: Souvenirs:
〇 其他: Others:
我希望來照顧我的人都是和藹可親的。 I would like to be cared for with passion and with cheerfulness.
若您在情緒照顧上仍有其他意願,請在這裏寫下來。 If you have any other wishes regarding emotional care, please write down here:



當我病重並失去表達能力時(或在我生命垂危時),在社交上我有以下意願。(可剔選以下符合您意願的項目並填寫)

When I am very sick and unable to speak for myself (or I am at the end stage of my life), I wish to have the following social care. (You can tick the following items that meet your wishes and/or write down your personal preferences)

0	除至親外,我不希望見任何人。 I prefer not to see anyone except my close family members.
0	我希望朋友明白我會很疲倦,且不能與他們共聚太長時間。 I ask my friends to understand that I will be very tired and unable to spend long periods with them.
0	我希望與以下各人作最後道別: (請寫下各人的姓名及聯絡方法) I wish to see the following people to say goodbye: (please put down their names and contact details)
	〇 親人:
	〇 朋友: Friends
	〇 同事: Colleagues
	○ 所屬信仰團體的成員: Members of my religious community:
	○ 其他: Others
B	若您在社交上仍有其他意願,請在這裏寫下來。 If you have any other wishes regarding your social care, please write down here:
_	
-	
-	



當我病重並失去表達能力時(或在我生命垂危時),在心靈需要上我有以下意願。(可剔選以下符合您意願的項目並填寫)

When I am very sick and unable to speak for myself (or I am at the end stage of my life), I wish to have the following spiritual care. (You can tick the following items that meet your wishes and/or write down your personal preferences)

佛教	人 天主教	基督教
Buddhist	Catholic	Christian
道教 Taoist	其他,請註明: Others, please specify	
		也意願,請在這裏寫下來。 ing your spiritual care, please write down h
If you h		
If you h		

在喪禮安排上,我有以下的意願。(可剔選以下符合您意願的項目並填寫) I wish to have the following arrangements for my funeral. (You can tick the following items that meet your wishes and write down your personal preferences.)

,	, , , , , , , , , , , , , , , , , , , ,	
我希望我的包 I would like my		
○ 風光大勢 Elaborate		其他,請註明: Others, please specify
	下宗教儀式進行: be performed according to th	e religious rituals of:
● 佛教 Buddhist	〇 天主教 Catholic	基督教 Christian
〇 道教 Taoist	人 其他,請註明 Other, please sp	
	生以下地點舉行: funeral venue to be at:	
● 教堂 Church	○ 殯儀館 Funeral chapel	墳墓旁 Graveside
● 其他, Others,	請註明: please specify	
	豊上播放以下音樂: e following music to be played	during my funeral ceremony:
我希望進行: I wish to have as		
〇土葬 Burial	○ 火葬 Cremation	○其他,請註明: Others, please specify
	骨灰或遺體放置於: ns to be placed at:	
	朋友和家人把帛金*捐劇friends and family to donate a	长到 : memorial gift/condolence money to:

^{*} 帛金: 致赠逝者家属的现金、财物,又稱「奠儀」、「香奠」、「楮敬」、「紙敬」、「賻儀」,閩南地區又稱為「白包」 Condolence money: money given as a gift of condolence at most Chinese funerals

	若您在葬禮安排上仍有其他意願,請在這裏寫下來。 If you have any other wishes regarding your funeral arrangements, please write down here:
	在接近生命的終點時,您是否對其他事宜有所顧慮和擔憂? Do you have any concerns about other things when approaching the end of your life or dying?
	您還有其他重要的事情想要寫下來嗎? Is there any other thing that is important to you that you would like to write down?
y	

若想簽署本小冊子作為

「價值觀取向性指示」(Values Directive)

To use this booklet as your Values Directive



您需要在 2 名獨立的成年見證人<u>面前簽署本文件</u> You would need to sign this document in front of two independent adult witnesses,



這 2 名成年見證人不能是您指定的「醫療決策者」 Neither witness can be an appointed medical treatment decision maker of yours.

** 見證人必須確認簽署文件者是自願的且有作出決定的能力。

** A witness must be satisfied that the person signing the document is acting freely and voluntarily and appears to have the capacity to make decisions.

簽署確認 Sign to confirm

請在此簽署以確認您的晚晴意願 Sign here to confirm your farewell wishes

姓名 Full Name	 出生日期(日/月/年) Date of Birth (dd/mn	n/yyyy
地址 Address	 •••	
<u> </u>	 	
簽署 Signature	簽署日期(日/月/年) Date (dd/mm/yyyy)	

(見證人請在下一頁簽署 Witnesses please sign on the next page)





見證人1: 註冊醫生

Witness 1: Registered medical practitioner (a n	nedical doctor)
姓名 Full Name	聯絡方式 Contact Details
註冊醫生資歷及其AHPRA編號: Qualification and AHPRA number of registered n	nedical practitioner:
簽署 Signature	簽署日期(日/月/年) Date (dd/mm/yyyy)
見證人2:成年人 Witness 2: An adult witness	
姓名Full Name	聯絡電話 Contact Number (optional)
簽署 Signature	簽署日期(日/月/年) Date (dd/mm/yyyy)
分簽名並註明日期。	請口譯員在文件見證完成後立即在以下部 ocument is witnessed, they must sign and date the t is witnessed.
口譯貝: Interpreter:	
姓名 Full Name	NAAT I 認證編號 NAATI Number
簽署 Signature	簽署日期(日/月/年) Date (dd/mm/yyyy)

我會把這份文件的公證副本交給:

I will leave a certified copy of this booklet to:

①	(姓名/Names)
聯絡電話或電郵地址: Contact number or email address ————	
2	(姓名/Names)
聯絡電話或電郵地址: Contact number or email address	
3	(姓名/Names)
聯絡電話或電郵地址: Contact number or email address	

如果您已經有了委任的醫療決策者,請確保他們知曉您的晚晴意願或擁有一份這本小冊子的公證副本。

If you have already appointed your medical treatment decision maker(s), please make sure they are aware of your farewell wishes or given a certified copy of this booklet.

	醫療決策者是: edical treatment decision maker
姓名: Names	
聯絡方式: Contact details	
所用語言: Language(s) spoken	

如果您尚未委任一位醫療決策者,您可以通過填寫由公眾代言署 (OPA)提供的「醫療決定者委任書」,或者您可以通過填閱覽並填 寫本冊子末尾的附錄表格進一步了解並進行委任。

If you haven't appointed someone to be your Medical Treatment Decision Maker, you could complete the 'Appointment of Medical Treatment Decision Maker' form provided by the Office of the Public Advocate (OPA), or you could use the forms insert in this booklet to know more and/or make the appointment.

其他有幫助的資訊 More helpful information and resources

Advance Care Planning Australia

其網站有一系列關於「預先護理計劃」的繁體中文資訊。

Its website has a range of resources about advance care planning translated in Traditional Chinese.

Victorian State Government Department of Health (維省衛生署)

其網站有一系列關於「預先護理計劃」的資訊及相关表格(英文)。

Its website lists a series of information and standard forms (in English) to assist Victorians in completing their advance care planning.

Office of the Public Advocate (OPA, 公共代言署) 兴

其網站包含部分關於「預先護理計劃」的繁體中文資訊。

Its website contains some information about advance care planning in Traditional Chinese.

Palliative Care Victoria 🕌

維省寧養療護協會 (Palliative Care Victoria) 是寧養療護和臨終關懷的行業協會 —— 一個由維州政府、組織和個人成員以及其他團體支持的聯合協會和慈善機構。其網站包含寧養療護相關的繁體中文資訊。

Palliative Care Victoria is the peak body for palliative care and end of life care - an incorporated association and charity supported by the Victorian Government, organisation and individual members, other groups. Its website contains some information about palliative care in Traditional Chinese.

Palliative Care Australia

Palliative Care Australia 是澳大利亞全國寧養療護的行業機構,代表所有致力於為有需要的澳大利亞人提供高質量寧養療護的人士。其網站包含寧養療護相關的繁體中文資訊。

Palliative Care Australia (PCA) is the national peak body for palliative care, representing all those who work towards high quality palliative care for all Australians who need it. Its website contains some information about palliative care in Traditional Chinese.

關於我們 Who we are

維省新生會是一間澳大利亞註冊的慈善機構,旨在幫助來自華裔背景、受癌症及慢性疾病影響的人士緩解痛楚、盡量保持其生活質量。

Chinese Cancer & Chronic Illness Society of Victoria (CCCIS) is an Australian registered charity that aims to alleviate distress and suffering, and sustain the quality of life of people from Chinese cultural background who are affected by cancer and or chronic illnesses.



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