

Empowering Choices: Breaking Cultural Barriers and Enhancing the Advance Care Planning (ACP) Adoption in Australia Residential Care Aged Facilities

Australia has actively promoted the adoption of Advance Care Planning (ACP) as a good practice. However, according to the Australian Institute of Health and Welfare's statistics for 2017-2018, only 14% of Australians aged 18 and above had an Advance Care Plan. To enhance the adoption of Advance Care Planning in Residential Aged Care Facilities (RACF), it is crucial to investigate the various barriers influencing the ACP adoption because the making of an ACP is not an individual decision. This could be influenced by family dynamics, religious and cultural beliefs, fear and other uncertainties surrounding the process. Empowering and facilitating meaningful discussions about choices among staff, residents and their family members is one of the key components for successful ACP implementation. Standardized implementation policies and quality control measures on ACP adoption across the Residential Aged Care Facilities (RACF) also contribute to the opportunities in enhancing the ACP uptake. This presentation will provide a brief overview of the aged care system in Australia and then focus on the practical challenges, opportunities and the benefits of the adoption of ACP. The session will also provide a platform for cross-cultural sharing.