

SPEAK FOR YOURSELF. MAKE YOUR WISHES CLEAR.

Who would speak for you if you couldn't speak for yourself? What would they say? Talk to your loved ones and family about your wishes and document them.

PLAN AHEAD.



IN AUSTRALIA...



Every **6 minutes** **1 person** is diagnosed with dementia



1 in 6 will have a stroke

20%

of adults are affected by **mental disorder** every year

Why should I plan ahead?



What do I need to do to secure my future wishes?

Legal tools are available to help secure your future health, financial, legal and personal choices:



Enduring Power of Attorney

Making an Enduring Power of Attorney means your financial affairs can be looked after by someone you know and trust when decisions need to be made on your behalf.



Advance Care Directive

Ensure your wishes for future health care, living arrangements and other personal matters are known and respected if you are unable to make decisions personally in the future.



Organ and tissue donation

Ensure you document your wishes to become an organ or tissue donor by registering with Donatelife.



Will

By making a Will you are saying who you want your property and possessions (your 'estate') to go to after death.

How do I plan ahead?

Visit the website for more information and access to tools:
www.sahealth.sa.gov.au/planahead