

SPEAK FOR YOURSELF. MAKE YOUR WISHES CLEAR.

PLAN
AHEAD.

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.



IN AUSTRALIA...



1 in 6 people
will have a stroke

Why should I plan ahead?



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

20%

Of adults are affected by
mental disorder every year

What do I need to do?

Complete the legal tools below to help secure your future health,
financial, legal and personal choices:



Enduring Power of Attorney

Make an Enduring Power of Attorney so 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

Complete an Advance Care Directive so your wishes for future health care, living arrangements and other personal matters are known and can be acted upon if you are unable to make decisions in the future.



Will

Make a Will and nominate who you want your property and possessions (your 'estate') to go to after death.



Organ and tissue donation

Register with DonateLife if you wish to become an organ or tissue donor.

It is never too late to plan ahead:

- Talk to trusted friends and family now about your future wishes
- Act now to safeguard your future rights, wishes, values and preferences.

For more information

Visit www.sahealth.sa.gov.au/planahead for further information and resources, including a short video about the importance of planning ahead and information in other languages.

Free legal advice

Contact the Legal Services Commission:

Phone: 1300 366 424



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