

# SPEAK FOR YOURSELF. MAKE YOUR WISHES CLEAR.

## 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](http://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



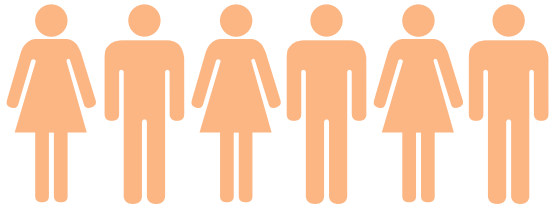
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## In Australia...



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



**Speak for yourself.**  
**Make your wishes clear.**

**Who would speak for you if  
you couldn't speak for yourself?**  
**What would they say?**

Think about your financial, health, legal and personal wishes and how you can make sure they're known and respected.

Accidents, illness or death can happen at any time so it's important to talk to your family and loved ones about your wishes and document them.

Complete an Advance Care Directive, Enduring Power of Attorney, organ and tissue donation registration and Will.

Speak for yourself. Make your wishes clear and protect against abuse.

### How do I plan ahead?

Complete the legal tools below to secure your future health, financial, legal and personal choices. Remember to leave copies of your completed documents with your loved ones, your GP, your legal team and your local hospital.



#### Enduring Power of Attorney

Make an Enduring Power of Attorney so your financial affairs can be looked after by someone you know and trust. This document continues to operate if you become legally incapacitated and 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 personally 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.