# My Plan to Manage My Affairs

This module may be useful for people with a deteriorating health condition who would like some support thinking through what they may need to plan for as their health or independence worsens.

It is intended as a prompt for topics of conversation, and the notes made are for the person’s reference (and their family) and should be left with them. There’s no requirement that it be sent to icare.

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### Putting plans in place for the future

Have you thought about how and where you want to be cared for if/when your health deteriorates? Have you talked to your family and doctor about this?

Consider:

* remaining at home versus moving to a residential care facility
* end of life care at home versus in hospital.
* if your GP will do home visits
* whether a referral to palliative care for symptom management has been made
* whether an Advanced Care Plan is in place or needed
* whether you are eligible for other government assistance, such as an aged care package.

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| Notes:  regarding things you need to investigate, decisions you have/need to make, people you want to talk to |
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### Preparing your affairs – for now and for later

Have you thought about who you want to make decisions on your behalf if you are unable to do so? Do you know what a Power of Attorney and Enduring Guardianship are, and if you have these in place?

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Do you have an up to date Will? Have you set up your finances so your partner/family can access money for you if/when you are no longer able to do this?

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**Do you have any concerns about how your partner or family will manage when you are no longer with them? (consider practical issues such as completion of household chores that you currently do, emotional adjustment, getting around if you are the driver). Do you need help to plan for this and who might be able to provide and/or fund this assistance?**

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### Is there anything else you need to plan for?

Some examples of additional things you might need to think about include:

* looking after pets
* cancelling subscriptions
* letting family know where important documents are kept
* who will need to be informed as your conditions changes, and where their contact details are

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### **Resources to assist you**:

**The NSW Government Trustee and Guardianship website** provides useful information about aspects of planning for the future:

<https://www.tag.nsw.gov.au/wills/make-will>

<https://www.tag.nsw.gov.au/wills/make-power-attorney/what-power-attorney>

<https://www.tag.nsw.gov.au/wills/appoint-enduring-guardian/what-enduring-guardian>

**The Australian Government Department of Health** provides information about Advanced Care Plans (also known as Advanced Care Directives):

<https://www.health.gov.au/health-topics/palliative-care/planning-your-palliative-care/advance-care-directive>

**The Law Society of NSW** provides a data base of lawyers to help you locate someone near to you:

<https://www.lawsociety.com.au/for-the-public/find-a-lawyer>

**The Australian Government** can provide an assessment of your needs and eligibility for assistance through its My Aged Care program:

<https://www.myagedcare.gov.au/assessment>

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|  | Lifetime Care  GPO Box 4052, Sydney, NSW 2001  **General Phone Enquiries: 1300 738 586**  Email: [care-requests@icare.nsw.gov.au](mailto:care-requests@icare.nsw.gov.au) www.icare.nsw.gov.au |  | Workers Care  GPO Box 4052, Sydney, NSW 2001  **General Phone Enquiries: 1300 738 586** Email: [care-requests@icare.nsw.gov.au](mailto:care-requests@icare.nsw.gov.au) www.icare.nsw.gov.au |