### مِندِئة توم عُوفَة دِجْذِب وَموومِدة START2TALK كِلْ جُدِدّة دِيْدَة دِيدة

### مده دب حكَّه مُحجَّجُة دهه دُجيٍّ كَسْدَمُهُ؟

### قعەدب جُجْدِمْ دھەدْكِ كَتْدَعْدَ بِكُهُ تَجْعَتُمْ؟

- › نېسمه، كەڭد ھىيد سمه، دېسۈبېمه، كستېتىدەت، جە سېكىتى قىتد سېدچى سەم دېمجه، دېمېه دىد سەم، قىيتىد، دەھدېمه، كە ھىدب دېستىد سمه، دەھدېمه، كە سېقەجە،
  - يد قەئى ۋىددى قى دېد جىمەمەمدى يى سونگە ئېدىنىڭ قائىسە دىنجدى سۇنىچ مېيىدەدى بېدى يەدى يەدى دىنىدىد.
  - بنت قدید تسید کمچه، فهمومهٔ دشکه هشت پر قول سهه، هودییه شل سبد بسموهٔ مجه، ههدب سنه شده شده شده ده.
     مید تسید بسید بهدههٔ شدگمچه، مهی شل سبد بسمومهٔ دهوهٔ دخمهد.

### يكشفه مكه هُجُم وهود كي كشرفه شه هدوهها

- حكْثة دَائقة، البخ دَاهنا لهٰعالمة دمه دلمبد ودمه عدمة إلى هدة، وقد هدالة قداله المناه المناه
  - لَك ود اوقتي شد خَدِقه وسهكنتي سِيك جُنهوني وحدودني ضهند وهوب دُشا فقريد جُنجه هُقووني مجسكة.

### دُنجب شيب دبنيا بهموية هودُيد كشرَهُد؟

- · قسفعو، كغوقة <u>start2talk.org.au</u> فسوسعو، كوف، فقيع دفوكشقة فعكفيّة ديه هُمّة.
- › ﴿ ﴿ وَهُوهِ وَ وَهُوهُ وَ وَهُوهُ وَيَدُو وَهُوهُ وَهُ وَهُوهُ وَهُوهُ وَهُوهُ وَهُوهُ وَهُوهُ وَهُوهُ وَهُو وَفِيهُ قَعْ لَا فَهُوهُ وَ \$start2talk فِك جُحمُ وَيُعَوِّدِهِ.

### مەدب يى ئى مَىل دېدىل كە ھەقە دېك جىچە دىدەددىد؟

- - ﻜﻜﻪﺣﻪ, ﻣِﻦ ﻭﻭْﻭِّﻦ ﺩﯨﺠﻪ ﺑﯩﻤﻪﺭﯗ، ﺋﻪ ﻣِﻦ ﺳﺒﺪﻗﺪﻯ ﺩﻓﺘﺘﯩﻜﻪﻥ, ﺷﯩﻜﻪﺟﻪ, ﻛﺴﺘﺒﺸﺔ ﺩﯨﺒﻪ ﺑﻜﯩ ﺷﻪﻗﯩ.
- ١٠ إسمان بمان اور و بعد المحمد المحمد
- جُعدَه، ١، ١٠٨ فِكْتِ، دَسَهِ صَعَدَ، فِهِهِ مِنْدَهِ مُدَي، كُه فَعَهِ مَهُ مُحِهُ، (طُهُ كُهجَهُ،) لِأَسْعَ دَسُهُ دَلِهُ لَا يُحَدِّهُ دِيْدَهُ، (طُهُ كُهجَهُ، لِعُهُ عَهْ، دَلِهُ لَالْعَامُ، لَلْهُ عَلَيْهُ مَهُ اللّهُ عَلَيْهُ عَلَيْهُ عَلَيْهُ اللّهُ عَلَيْهُ عَل

### يونج حريب بو يويه حمد بسنصير دخوس بوصونها

فسيخوب كغمةع www.start2talk.org.au يوحفر

### ۻڡڔێڡؠۿ٤ ڗٚڡڎڡۿ

ﺘﻪﻩڏﻫﻨډ ﺩﺍﮐﮑټـﻨﺠﺬﻫ ﻳﺎﻩﻫﻪﺩﮐﮑټﻨډ ﺩﻳﻨ ﺑﺨﺘﺪټډ ﻣټﻪﺩڅﻨډ، ﻣټﻪﺩڅټډ ﻣﻬﮑﮑټډ، ﺗﻬﮑټﮑټډ، ﺗﻬﮑټﮑټډ ﺳﻪټﻪﺩ ﺩﻫﻪﺗﮑټډ (ﺗﻪﻧﺒﺨﻨﺪ) ﺩﻭﺳﺘﺘﻨډ 1800 100 100 نه ښټدو، ﮐټﻪﻧډ www.fightdementia.org.au



كَجْدُوكِمْ وَبُدَمْهُ دَيْعَتْمْ ثَمَوْدُتُمْ سَوْسَعُونَ شَمْ سِكَجُمْ دَمُوبُكُمْ وَوَوْعَشْمْ فِك وَكَبِهِهُ مِعْتَقَمْ 450 .



# Keep control of your future

## Introducing the START2TALK website

### What is planning ahead?

'Planning ahead' means planning for the future, in case you lose the ability to make decisions about financial, lifestyle and health care issues. This may happen if you have a sudden accident, become very ill or develop a condition like dementia that affects your memory and your planning ability. Planning ahead involves talking to your family and your doctor about what is important to you. It might also involve organising who will make decisions for you if you are not able to.

### Why is planning ahead important?

- You still have a say in how decisions are made for you when you can no longer speak for yourself.
- It helps your family if they have to make decisions for you at some time in the future.
- It can give you peace of mind now, because you will have told your family your wishes and given both you and them a chance to prepare for the future.
- It is important for everyone, but particularly for people with chronic health conditions or early signs of dementia

### Does planning ahead fit into my culture?

- Attitudes to talking about the future and issues such as death and dying can vary a lot between different cultural communities.
- The ways that decisions are made within families and communities can also vary a lot between cultural groups.
- Even if planning ahead does not happen easily in your community, it is still something that will bring benefits for you and your family.

### How can I start to plan ahead?

- Go to the website <u>start2talk.org.au</u> and take a look at the worksheets and resources available there.
- Talk to your family about your wishes and show them information from the website.
- Talk to your doctor. It may help to take this brochure along and tell them there is information for doctors on the start2talk website.

#### What if I cannot understand the website?

- Download the Helpsheet in your language called **Early Planning**, This gives an overview of issues in planning ahead.
- Check if any family members or friends can help explain the material on the website to you.
- If you are part of a social or community group, find out if other members are interested in these issues and if they want to look at the website with you.
- Check if there are any multicultural health or community workers in your area that you
  may be able to talk to about planning ahead and the website.

There's no better time to start to talk Visit <a href="https://www.start2talk.org.au">www.start2talk.org.au</a> today

#### Further information

Alzheimer's Australia offers support, information, education and counselling. Contact the National Dementia Helpline on **1800 100 500** or visit our website at **www.fightdementia.org.au** 



For language assistance phone the Translating and Interpreting Service on 131 450.