

Name: _____ Date of birth: / /

Address: _____

Who are the main people you need to talk to about your worksheets or other documents?
These would normally be people who may end up as substitute decision-makers for you.

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What are the key issues you want to get across in conversations with these people?

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What are key issues you want to get across to your GP or other treating doctors?

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Overcoming Barriers

Are there likely to be barriers to you having these conversations with your substitute decision-makers or doctors?

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If so, how can you overcome these barriers?

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Where will you keep copies of your worksheets and other documents?

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Are there other people (such as neighbours or friends) who should be told who your substitute decision-makers are? This may be useful for emergency contacts.

Next Steps

What further information do you need before going on?

What is the next step after completing this worksheet?

This worksheet is one of a series of worksheets that are part of the START2TALK program administered by Alzheimer's Australia. Full information can be found at www.start2talk.org.au

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