

Name: _____ Date of birth: ____ / ____ / ____

Who is the person you are helping to plan ahead?

What is happening in their life that is making them lose capacity?

How do they feel and how are they reacting to losing capacity?

Your Support

At this stage, what level of input do they need from you?

- Assistant decision-maker:
e.g. taking the person to meetings, making sure they understand documents.
- Supportive decision-maker:
e.g. exploring and explaining issues but allowing the person to make the final decision.
- Substitute decision-maker:
e.g. making decisions on behalf of the other person.

What can you do to support them most effectively?

Completing Worksheets

Is the person interested in making their own plans, e.g. completing the Worksheets from the section of the START2TALK website under My Plans?

Yes ☐ No ☐

If so, would they like you to help them go through the questions?

Yes ☐ No ☐

If they do not want – or are not able – to complete the Worksheets, what are the key issues about planning ahead that you should help them explore?

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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