

掌握您的未來

介紹開始交談 **START2TALK** 網站

什麼是提前計劃？

“提前計劃”是指對未來的計劃，這樣，如果您失去在財務、生活方式和醫療保健等問題上作決定的能力，才能做好準備。如果您遇到突如其來的事務、患重病或患上癡呆症之類的疾病，這些會影響您的記憶和計劃能力，您就可能失去作決定的能力。提前計劃涉及到與您的家人和醫生討論對您來說什麼是重要的。它也可能涉及到在您的家人不能夠作決定時，安排誰替您作決定。

為什麼提前計劃很重要？

- 您不再能為自己說話時，對於為您所作的決定，您仍然有發言權。
- 如果您的家人需要在未來某一時間替您作決定，這對他們將會有幫助。
- 它可以讓您現在覺得安心，因為那時您將已經告訴家人您的願望是什麼，同時給您自己和他們一個機會為未來做準備。
- 這對大家都是很重要的，但是對那些患有慢性疾病或有癡呆症早期徵兆的人更是特別重要的。

提前計劃是否符合我的文化？

- 對於談論未來、死亡等問題的態度，不同的文化社區之間有很大的差異。
- 在家庭和社區內，不同文化群體作出決定的方式也有很大的差異。
- 即使提前計劃在您的社區裏不是件容易做的事，它仍然可以會為您和家人帶來好處。

我怎樣開始進行提前計劃？

- 訪問 start2talk.org.au 網站，看一看那裏的作業表和資料。
- 與您的家人討論您的願望，向他們介紹該網站的資訊。
- 與您的醫生討論。帶上這份宣傳單，並告訴他們 [start2talk](http://start2talk.org.au) 網站上有提供給醫生的資訊，這可能有所幫助。

如果我不明白網站內容怎麼辦？

- 下載用您的語言書寫的“盡早計劃”的幫助資料，該資料提供了提前計劃問題的概覽。
- 查詢一下是否有家人或朋友可以幫助您解釋網站上的資料。
- 如果您是一個社會或社區團體的成員，查詢一下是否有其他成員對這些問題感興趣，是否願意和您一起瀏覽網站。
- 查詢一下您所在地區是否有多元文化的健康或社區工作者可以和您討論提前計劃的問題和網站內容。

開始交談，沒有比這更好的時間了
今天就訪問 www.start2talk.org.au 網站

更多資訊

澳洲阿爾茨海默氏症協會（Alzheimer's Australia）提供支持、資訊、教育和諮詢。請撥打全國癡呆症幫助電話 **1800 100 500**，或訪問我們的網站 www.fightdementia.org.au



有關語言上的幫助，請撥打電話 **131 450** 聯系筆譯與口譯服務。

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 start2talk.org.au 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 Helpsheets 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 www.start2talk.org.au 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**.