

## Introduzzjoni tal-websajt ibda tkellem **START2TALK**

### X'inhu ippjanar minn qabel?

'Ippjanar minn qabel' ifisser li tippjana għall-futur, fil-każ li titef l-abbiltà li tkun tista' tagħmel deċiżjonijiet dwar stil ta' ħajja u problemi tas-saħħa. Dan jista' jgħri jekk jgħri xi aċċident, taqbdok xi marda jew tiżviluppa xi kundizzjoni bħal dimenzja li taffettwalek il-memorja u l-abbiltà li tippjana. Ippjanar minn qabel jinvolti li titkellem mal-familja u t-tabib tiegħek dwar x'inhu importanti għalik. Dan jista' jinvolti li torganizza min se jiehu dawn id-deċiżjonijiet għalik jekk inti ma tkunx kapaċi.

### Għaliex l-ippjanar minn qabel hu importanti?

- Inti għadek tista' tagħzel kif jittiehdu d-deċiżjonijiet għalik meta ma tkunx għadek tista' int.
- Tkun ta' għajjnuna għall-familja tiegħek jekk fil-futur ikunu jistgħu jiehdu deċiżjonijiet f'ismek.
- Ikkollok moħħok mistrieħ, għaliex tkun għidt lill-familja x-xewqat tiegħek u tagħti kemm lilek u lilhom iċ-ċans li tippreparaw għall-futur.
- Dan hu importanti għal kulhadd, imma partikolarment għal dawk li jsofru b'xi kundizzjoni kronika jew bl-ewwel sinjali ta' dimenzja.

### L-ippjanar minn qabel jaqbel mal-kultura tiegħi?

- L-attitudni li titkellem fuq il-futur u problemi bħal mewt u dak li jwassal għall-mewt jistgħu ivarjaw ħafna bejn komunità u oħra.
- Il-mod kif dawn id-deċiżjonijiet jittiehdu fil-familji u l-komunitajiet jista' jvarja ħafna bejn gruppi differenti fil-komunità.
- Anke jekk l-ippjanar minn qabel mhux xi ħaġa faċli fil-komunità tiegħek, dan għandu jgħib benefiċċji għalik u għall-familja tiegħek.

### Kif nista' nibda nipprepara għall-futur?

- Mur fil-websajt [start2talk.org.au](http://start2talk.org.au) u agħti ħarsa lejn il-karti u riżorsi oħra disponibbli hemm.
- Tkellem mal-familja rigward ix-xewqat tiegħek u urihom l-informazzjoni f'din il-websajt.
- Tkellem mat-tabib tiegħek. Tajjeb li tiehu dan il-fuljett miegħek u għidilhom li hemm informazzjoni għat-tobba fil-websajt [start2talk](http://start2talk)

### X'nagħmel jekk ma nistax nifhem il-websajt?

- Niżżel il-Helpsheet tal-lingwa tiegħek li jisimha **Early Planning**, Din tagħti ħarsa lejn il-problemi tal-ippjanar minn qabel.
- Iċċekkja ma' membri tal-familja jew ħbieb li jkun jistgħu jispjegawlek il-materjal ta' fuq il-websajt.
- Jekk inti parti minn grupp soċjali jew tal-komunità, tkixxef jekk xi membri oħra humiex interessati f'dawn il-problemi u jekk iridux jaraw din il-websajt miegħek.
- Iċċekkja jekk hemmx xi haddiema multikulturali jew tas-saħħa n-naħiet fejn toqgħod li tkun tista' titkellem magħhom dwar l-ippjanar minn qabel u l-websajt.

**M'hemmx żmien aħjar biex tibda titkellem  
Idħol fil-websajt [www.start2talk.org.au](http://www.start2talk.org.au) llum**

### Iktar informazzjoni

Alzheimer's Australia toffri sapport, informazzjoni, edukazzjoni u pariri. Ikkuntattja n-National Dementia Helpline fuq **1800 100 500** jew idħol fil-websajt [www.fightdementia.org.au](http://www.fightdementia.org.au)



Għall-għajjnuna fil-lingwa tiegħek ċempel it-Translating and Interpreting Service fuq **131 450**.

# 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 [start2talk.org.au](http://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 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 [www.start2talk.org.au](http://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](http://www.fightdementia.org.au)



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