

Name: _____ Date of birth: / /

Address: _____

Why are you interested in planning ahead?

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What do you want to get out of doing it?

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Talking to family and close friends

Who are the main people you need to have conversations with about planning ahead for yourself?

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What are the main issues you would like to discuss in any early conversations?

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What would be a good time and place to initiate a conversation about planning ahead?

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What are some practical things you need to do in setting up conversations with your loved ones?

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Talking to your doctor

What questions do you want to discuss with your GP or Specialist?

Prompt questions might include the following:

- What are my medical conditions/problems?
- How do these affect me now and how are they likely to affect me over time?
- Are there treatment options related to my medical conditions that I may have to make decisions about in the future?
- If I lose capacity to make my own decisions, how will decisions about my care be made?
- What can I do to improve/maintain my health as much as possible?

If you have concerns about memory loss or have a diagnosis of dementia some prompt questions might include the following:

- How will the illness affect my ability to make my own decisions in the future?
- What should I be thinking about now if I am likely to lose capacity in the future?
- Are there support services in the community that would be helpful for me at this stage?

Overcoming barriers

Are there any barriers to you having conversations about planning ahead with your loved ones or your GP?

What can you do to reduce these barriers?

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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