

Name: \_\_\_\_\_ Date of birth:     /     /

Address: \_\_\_\_\_

If you were in a situation where you did not have the capacity to make your own decisions about medical treatment, who would you want to make decisions for you? (i.e. to consent to, or refuse, specific treatments)

According to regulations in your State or Territory, who would your doctors ask for consent for your medical treatment?

(Information about this is available under the State/Territory section of the START2TALK website)

Is the person in Question 2 the same as you have nominated in Question 1?   Yes        No

If the answer is No, you should definitely consider appointing your preferred person as your legal substitute decision-maker. Even if the answer is Yes, you could still consider appointing your preferred person as your legal substitute decision-maker as there are advantages to this.

- It gives the person a stronger legal basis to act on your behalf.
- It allows them to act with more confidence knowing you have specifically asked them to take on this role.
- It gives you peace of mind knowing there is clarity in who will make decisions on your behalf,
- It reduces the likelihood of uncertainty and conflict amongst family and friends who are concerned about your care.

### Legally Appointing a Substitute Decision-maker

Do you want to legally appoint someone as your substitute decision-maker?   Yes        No

You can find out more about appointing someone to make healthcare decisions for you by downloading information sheets and the actual forms for your own State or Territory from the START2TALK website.

Who will you see to help you complete the required legal form?  
(e.g. solicitor, community legal centre, public trustee service)

### Decision-maker Checklist

There are a number of things to consider when completing this kind of legal form and you can discuss these with the person who helps you complete the form. You may want to print out this checklist and make notes on it:

- Who is the best person or persons to appoint?
  - Would they be willing to speak on your behalf?
  - Would they be able to act on your wishes and separate his/her own feelings from yours?

- Do they live close by or could they travel to be with you if needed?
- Do they know you well and understand what's important to you?
- Are they someone you trust with your life?
- Will they talk with you now about sensitive issues and listen to your wishes?
- Are they likely to be available long into the future?
- Would they be able to handle conflicting opinions between family members, friends, and medical personnel?
- Would they be a strong advocate in the face of an unresponsive doctor or institution?
- How many people do you want to appoint?
- Does the application form in your State/Territory require or allow you to select specific areas to make decisions on e.g. surgery/accommodation etc.
- Does the application allow you to give specific directions to the person(s) you are appointing about how they should make decisions for you?

If you appoint one or more people, will this cause friction with other people in your life?  
If so, is there anything you can do now to reduce this?

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Are there other people you would like the substitute decision-maker to consult with about your care?

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Have you prepared any kind of advance care plan or directive that you want your substitute decision-maker to follow?

Yes

No

If so, do they have copies and understand how to use these documents?

Yes

No

If you haven't prepared any advance care plans or directives, what are the really important issues that you want your substitute decision-maker to consider when making decisions for you?

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## Next Steps

What further information do you need before going on?

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What is the next step after completing this Worksheet?

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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](http://www.start2talk.org.au)

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