



# Future Planning

## Planning for your future – appointing a power of attorney, enduring guardian and creating your advance care plan

At Find Aged Care we're all about planning for the future and being prepared for when the time comes that you or a loved one may need to move into an aged care home. It's much more challenging to navigate the complex system of the aged care environment if you haven't got things prepared and ready to support you or your family.

So how do you plan for your future in aged care? Well, we highly recommend appointing trusted representatives who are able to act on your behalf, if required.

### Appointing a Representative

If not already arranged, we encourage you to appoint a Power of Attorney and Enduring Guardian. If you are unable to make decisions for yourself, your representative(s) will be required and able to assume this responsibility. This person (or persons) will be the key contact for the aged care home for any changes to your care needs and wellbeing.

### Power of Attorney

By appointing a Power of Attorney, you give your chosen representative(s) the legal authority to look after your financial affairs. A Power of Attorney only deals with property and financial matters and enables your attorney to sign legally binding documents on your behalf. It does not give someone the right to make decisions about your lifestyle, medical treatment or welfare. These decisions are covered by Enduring Guardianship.

### Enduring Guardian

An Enduring Guardian is someone you appoint to make lifestyle, health and medical decisions for you when you are not capable of doing this for yourself. Your Enduring Guardian may make decisions such as where you live, what care and services are provided to you and what medical treatment you receive.

Enduring Guardianship only comes into effect if or when you do not have the capacity to make informed decisions and will only be effective during the period of incapacity, therefore, it may never become operational. However, it is a good way to plan for the future, particularly for unforeseen situations. This person (or persons) will be the key contact for the staff at your aged care home. They will be updated if there are any changes to your care needs and wellbeing.

Your chosen aged care home requires a copy of both the Power of Attorney and Enduring Guardianship documents prior to your admission day so they are informed on which representatives are authorised to act on your behalf.

### Medical Practitioner

When admitted into care, you are required to be admitted into care by your chosen Medical or General Practitioner (GP) within 24 hours of your admission. Your GP would provide regular check-ups and be contactable during emergencies or out of hours. You may wish to appoint your own GP or elect another GP who is able to visit your chosen aged care home. If you do not have a GP, the aged care home can provide a list of attending GP's who visit the home regularly from which a choice can be made.

In planning for the future, you may want to speak to your General Practitioner about electing them as your GP in the future. It's good to let your Enduring Guardian know of your aged care plan and choice of Medical Practitioner in advance of any changes in your circumstances.

### Advance Care Plan

An Advance Care Directive or Advance Care Plan is any written statement that expresses a person's wishes in advance and contains instructions about health care situations in which the person is not able to make a decision about their care preferences. The aged care home will respect any formal Advance Care Directive to the extent that it does not breach any duty of care, religious ethics, or any current laws or regulations.

#### What kind of things could you include?

- Location of home
- Lifestyle preferences
- Religious and cultural requirements and preferences
- Medical treatment e.g., life-prolonging treatments



Putting in place an Advance Care Plan can provide you with peace of mind that the care you will receive in the future will be aligned to your needs and values. It will also help inform friends, family or your appointed representatives of your Directive and supports their decisions on your behalf.



It may help to speak to your Medical Practitioner when you consider your Advance Care Directive for your medical preferences.

To formally create your Advance Care Directive, speak to your legal representative about creating this document.

**Find Aged Care wish you and your family every success in your aged care home journey. If you would like more information, please visit [www.findagedcare.com.au](http://www.findagedcare.com.au) or call us on 1300 509 992.**

**find aged care**

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great aged care**

