



How to Use this Kit

The resources in this kit are designed as a starting point to help your clients from Arabic backgrounds start thinking and talking about ways in which they can plan ahead so that their choices are respected and carried out in the future even when they can't make their own decisions anymore. The resources form part of a broader communications approach that is outlined in the *Planning Ahead in CALD Communities Report*.

The term 'planning ahead' refers to the process of considering what might happen if an individual temporarily or permanently loses their ability to make decisions about their own health, life style, property or financial affairs.

There are several ways to plan ahead and it is never too early to plan ahead. Planning ahead is about more than making a Will. It can be about financial, health, medical or lifestyle choices.

People may lose the ability to make their own decisions for a number of reasons. It may be the result of an accident or an illness.

The resource kits, and the report called *Planning Ahead in CALD Communities Report* which lead to the creation of the resource kit can be downloaded from the Department of Ageing, Disability and Home Care's website at www.dadhc.nsw.gov.au or you can ring the Seniors Information Service on 13 12 44 for more copies of the resource kits.

The authors of these resources have consulted with many people of an Arabic background and people who work with Arabic speaking clients to work out the best way to help you start discussing ways to plan ahead with your Arabic clients. They are designed to help you talk about planning ahead with your client or their family or someone else that they trust. The resources also provide contact details for people from Arabic backgrounds to ring to get more information about planning ahead issues.

No one wants to burden their families or watch them disagree about what is in their best interests if they can't make their own decisions anymore. You can help your clients make sure that this does not happen to them or their family by encouraging them to start thinking about ways to plan ahead, and by showing them that there are ways to make their wishes legally enforceable.

Department of Ageing, Disability & Home Care



Disclaimer

Reasonable care and skill has been taken to make sure that the material in this resource kit is accurate. However it should not be relied on as legal advice.

The NSW Department of Ageing Disability and Home Care cannot accept responsibility for the ways the document is used. Professional advice should be obtained when making decisions about how to use the information contained in it.