

Media Release

IMMEDIATE RELEASE
March 2019



(Advance Care Planning Week April 1 to 5)

Start the conversation to plan ahead

Older Australians and their families are being encouraged to talk about what matters most during National Advance Care Planning Week (April 1 to 5).

Launched last year, the initiative invites people to start conversations with loved ones about what living well means to them, and who they would want to speak for them if they were unable to speak for themselves.

ACH Group's Teresa Moran says she hopes the initiative will encourage all South Australians, regardless of their age or health status, to make their future health care preferences known.

Teresa is part of a team of specialists who run ACH Group's Planning Ahead Service, which aims to help people understand and set up their Advance Care Directive and Enduring Power of Attorney.

An Advance Care Directive sets out a person's wishes around lifestyle, health and end of life decisions and involves appointing a substitute decision maker. An Enduring Power of Attorney also involves appointing a substitute decision maker (attorney) – often a family member or trusted person – to manage financial affairs in the event that someone can no longer do it by themselves.

"People know that they need to have these important documents in place but they don't always know where to start," Ms Moran says. "That's where we come in – we provide the catalyst for important conversations that may not otherwise happen and then help navigate the steps required to complete the paperwork."

The Planning Ahead team helps clarify planning ahead needs, advises on resources, suggests family discussions, helps prepare the paperwork and advises about the role of JPs to witness and certify forms ready for distribution. Visits can be held in the person's home or at another location.

For more information about ACH Group's Planning Ahead service, visit www.ach.org.au/good-help/planning-ahead or phone 1300 224 477.

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About ACH Group

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952. As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities. Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

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