Why it's important to plan ahead

As we age, the risk of losing capacity through brain injury, dementia, stroke and frailty increases. It is important to put in place arrangements to ensure we are looked after medically, financially and in terms of lifestyle.

With planning ahead documents in place:

- you remain in control of critical life decisions
- your rights and wishes will be respected and followed if they are documented
- you can choose people you trust to look after your affairs while you still have capacity
- less stress for your family members if your affairs are organised and wishes are documented
- your family, or those caring for you, are spared time-consuming application processes at a tribunal to obtain permission to manage your affairs.

What are planning ahead documents?

Will - sets out who will receive your assets when you die.

Power of Attorney - allows you to appoint someone to manage your financial affairs.

Enduring Guardian - an Enduring Guardian will make decisions relating to your health and lifestyle if you are unable to.

Will safe

If you already have planning ahead documents, you can store them safely in the NSW Trustee & Guardian Will Safe. It's fireproof, easily accessible, and you receive digital copies of each of your important documents. NSW Seniors Card members receive 40% off the cost of storage.

This article is reproduced from Seniors e-news as a community service by the Kangaroo valley seniors accommodation & Support Committee.