



Growing older



Thinking about the future

Planning for when you get older is important.



People often think about

- What will happen when they get older
- Who will care for them if their parents cannot anymore



You might think about where you will live.



You might also think about who will help you with money.

You can discuss whether you want to set up a Power of Attorney.



A **Power of Attorney** is a legal document that says someone can

- Look after your money
- Make legal decisions for you



For more information go to

<https://www.tag.nsw.gov.au/wills/make-power-attorney/what-power-attorney>



You can also use the Council for Intellectual Disability information guide about how to manage your money.

For more information go to

<https://cid.org.au/resource/manage-your-money/>



When planning for growing older you might think about who will make choices for you if you cannot make them yourself.



You might want to think about choosing a guardian.

For more information go to

<https://www.tag.nsw.gov.au/public-guardian/easy-read-guardianship>



Plan Ahead Days across NSW can provide information on

- Guardians
- Power of attorneys



For more information about Plan Ahead Days go to **<https://selfservice.tag.nsw.gov.au/plan-ahead-days>**



You might want to think about advance care planning.

Advance care planning means making decisions about the health care you want in the future.



This plan will help if you cannot communicate anymore.



This can include an Advance Care Directive.

An **Advance Care Directive** lets people know what medical treatment you want if you are very sick or dying.

It is something written.



Treatments are things that can help you feel better.

Treatments can be therapies and medicine.



Therapies are activities your mental health workers use to support your mental health.

Medicine is sometimes called medication or drugs.

Medicine can be in

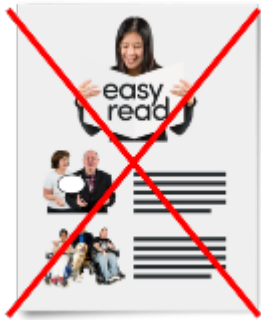


- A tablet
- A pill
- A drink
- An injection

For more information about



- Advanced Care Directives go to <https://www.health.nsw.gov.au/palliativecare/Documents/talking-about-death.PDF>
- Making an Advanced Care Directive go to <https://www.health.nsw.gov.au/patients/acp/Publications/acd-form-info-book.pdf>



This information is not in Easy Read.

You might want to ask someone to look at it with you.



When planning for the future you might also think about what will happen with your NDIS supports.



NDIS is short for National Disability Insurance Scheme.



You can discuss this with your NDIS Support Coordinator.

A **support coordinator** is a person who helps plan and organise

- Your care
- Other services you get

If you were an NDIS participant before you turned 65 you might



- Keep getting disability supports under the NDIS
- Get supports from the Commonwealth Aged Care System



The **Commonwealth Aged Care System** is support from the government for older people.



You might have other questions about your plans for the future.

You can discuss these questions with someone you trust.



It is good to make a plan.



Mental health services for older people

Some services provide care just for older people.

In NSW these are called Older Peoples Mental Health services.



Older Peoples Mental Health services mostly provide care to people over 65 years old.

People under 65 years can use these services if it suits their needs.



First Nations peoples 50 years and older can use these services.

First Nations peoples are the Aboriginal and Torres Strait Islander peoples.



Older Peoples Mental Health services provide support for

- Older people in the community



- Older people who must go to hospital for their mental health



- Aged care homes and programs



You can ask your GP or mental health worker for more information about Older Peoples Mental Health services.

Where to get more information



Below is a list of information sheets and websites to support you to move to new services.

For more information about



- Managing your Money go to <https://cid.org.au/wp-content/uploads/2020/10/Manage-Your-Money-Easy-Read-Infoguide-CID.pdf>
- Power of Attorneys go to <https://www.tag.nsw.gov.au/wills/make-power-attorney/what-power-attorney>
- Guardianship go to <https://www.tag.nsw.gov.au/public-guardian/easy-read-guardianship>

Plan Ahead Days in NSW go to <https://selfservice.tag.nsw.gov.au/plan-ahead-days>



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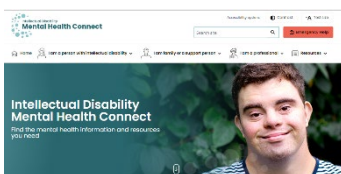


Also known as 3DN.

For more information about who wrote this Easy Read go to <https://idmhconnect.health/who-wrote-easy-read>



The Council for Intellectual Disability reviewed this Easy Read sheet.



The information in this Easy Read sheet is from the <https://idmhconnect.health/> website



For information on how to support people to use Easy Read go to https://www.3dn.unsw.edu.au/professionals_toolkit

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No changes can be made without asking the people who wrote this sheet.