

The following information has been provided as part of COTA NSW's Information Hubs established in the community. The information is intended as a guide only and should not be considered as advice. As with all matters of this kind, people need to seek and obtain relevant advice before taking any action.

COTA NSW's Information Hubs are part of COTA NSW's commitment to providing information and guidance to older in their own community. This Place-Based Navigation is designed to provide safe, accessible and independent information for older people.

It has three (3) layers:

Signposting: This is delivered by peers that provide a safe and welcoming environment for older people to engage and ask questions. Information is provided that is designed to be general in nature and the peer will navigate the person to a more appropriate source is appropriate.

Information: This is provided by COTA NSW after the person has received information and aided by the COTA NSW peer, believes they require further information and knowledge to take action.

Guidance: Provided by content experts like Financial Planners or Accountants and Solicitors, supporting the person to act.

END-OF-LIFE PLANNING

Advanced Care Planning

An Advance Care Directive is a record of your wishes that informs people in advance what health care treatments you'd like to have, or refuse, if you're unable to make such decisions.

This could be due to incapacity following a serious illness or injury.

- An Advance Care Directive:
- can only be made by adults who have capacity to make such decisions
- is separate to, but a complement to an Enduring Guardianship appointment
- includes details of what is important to you, such as your values, life goals and preferred outcomes
- outlines the treatments and care you would like or would refuse if you are in the later stages of a terminal illness.

Link: <https://www.nsw.gov.au/family-and-relationships/planning-for-end-of-life/advance-care-directive>

Organ Donation

Anyone over aged 16 can register to donate their organs

The two vital things you can do is to register and tell your family. Tell your family. It's vital that your loved ones know you want to be a donor.

Link: <https://www.donatelife.gov.au/>

Letter (or Statement) of Wishes

A “Letter of Wishes” (sometimes known as a “Statement of Wishes”) is an informal document that can be made in support of your existing Will. It is important to note that a Letter of Wishes is not legally binding. People often use this to state their preferences for funerals and burials.

Links: <https://www.nsw.gov.au/family-and-relationships/planning-for-end-of-life/why-planning-important>