



Australian  
Human Rights  
Commission

**Have you  
thought  
about  
later life?**

**FAQ**

**There's No Better  
Time Than Now.**

### **Why plan for your future?**

Future planning maximises your opportunity to live and enjoy your later years the way you want.

Thinking ahead and talking to those you trust in advance about your wishes helps you retain choice and control. This means you remain in charge of how you want to live – even if in the future you get sick, have an accident, or are unable to make decisions or communicate your wishes.

Planning ahead gives peace of mind and helps those around you understand your wishes and how best to support you. Making plans now can safeguard your rights in the future, reduce family stress and conflict and even protect you against elder abuse.

### **What are the barriers to planning ahead?**

For many people it can be difficult or uncomfortable to think or talk about getting older. Others may not understand what future planning involves or how to go about it. For Australians from diverse backgrounds, additional barriers may include lack of access to multilingual or culturally appropriate information as well as confusion caused by different approaches to planning ahead in Australia compared to their country of origin.

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## **So where do you start?**

Think about what matters to you and how you want to live as you get older. This includes thinking about who you trust to make decisions on your behalf if you are no longer able to make those decisions yourself.

Talk to those you trust about your wishes. If those around you don't know your wishes, someone else may end up making decisions that are not what you would have wanted.

## **Then what?**

Write down your decisions and consider formalising your choices in legally binding documents such as a Will, an Enduring Power of Attorney and an Advance Care Directive. There can be different names and rules for these documents depending on the state or territory where you live. You can update, change or cancel these documents while you still have the ability to make these decisions.



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## **What is a Will?**

A Will sets out what you would like to happen to your property and assets after you pass away.

## **What is an Enduring Power of Attorney?**

An Enduring Power of Attorney allows you to appoint someone you trust to make certain decisions on your behalf if you become unable to make those decisions yourself.

## **What is an Advance Care Directive?**

An Advance Care Directive outlines what medical treatment and care you want to receive or not receive if you become unable to make or communicate those decisions yourself. Speak to your doctor to find out more.

## **What else can you do?**

Share this information with your community to spread the word about the importance of future planning. This may help someone you care about take the first steps towards planning for later life.

Speak to someone you trust or seek professional advice to plan ahead today – there's no better time than now.

**For more information, visit [humanrights.gov.au/planningahead](https://humanrights.gov.au/planningahead)**