

## Plan for tomorrow so you can live for today

**1-5 April 2019** is National Advanced Care Planning Week, a chance to talk about, and record medical preferences for when there may be a time that we are unable to do so.

Australia has an ageing population, with research indicating that 50% of people will be too unwell to communicate their own medical decisions when required. This leads to increased stress on family members to assume the care you want when your wishes may not be known.

Marathon Health, in partnership with COORDINARE - South Eastern NSW PHN, is encouraging the community to take the driver's seat when it comes to their health – through the Partners in Planning initiative. The program, being rolled out in South East NSW this week, gives people a voice and the opportunity to take control of their future health care – regardless of what the future brings.

Dr Andrew Lee, Project Lead in the Partners in Planning program, says the initiative is all about empowerment, respect and support.

“People understandably shy away from difficult discussions. This program educates and encourages people to make plans for their future now, to ensure their care preferences are heard and respected in the future.”

The Partners in Planning team will be holding events throughout the South East of NSW for all to attend. The events are designed to help the community better understand the issues involved, and to know who to turn to ask more specific questions.

“We will also be conducting workshops with professionals who are in a position to educate about advanced care planning. This includes doctors and other health professionals, lawyers and legal staff, social workers, church leaders and so forth.”

Partners in Planning aims to give you greater control over your future. Anyone over the age of 18 can make an Advanced Care Directive.

### Key facts about Advance Care Planning

- Almost 50% of people will not be able to make their own end-of-life medical decisions
- Less than 15% of Australians have documented their preferences in an Advance Care Directive
- Life typically ends after a chronic illness, not a sudden event
- Research shows that Advance Care planning can reduce anxiety, depression and stress experienced by families, and that families are more likely to be satisfied with their loved one's care

*The Partners in Planning project is supported through funding from COORDINARE – South Eastern NSW PHN, as part of the Australian Government's PHN program.*



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For more information about the Partners in Planning program, visit the Marathon Health website or contact Dr Andrew Lee on 0437 811 523.

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## **About**

Marathon Health is a not-for-profit, registered charity and NDIS provider delivering high quality health and wellbeing services for country Australians. For more information about Marathon Health and its services please visit [www.marathonhealth.com.au](http://www.marathonhealth.com.au)

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