

# How ready are you?

We usually don't have much of an idea of when we will die. It's a nice thought that we might just get old and then happily and quietly slip away in our own bed one night but that's often not what really happens. A lot of people do get old but many of those lose the mental capacity to make decisions. Most people die in hospitals and aged care settings in Australia and many people don't reach old age. There are many life-limiting conditions that can come our way and of course accidents and trauma can cut our life short or leave us without the ability to make decisions for ourselves about what we'd like.

**SO MY QUESTION IS, HOW READY ARE YOU IF YOU KNEW THAT YOUR DEATH WAS JUST AROUND THE CORNER? I KNOW ITS NOT EASY TO THINK ABOUT BUT REALITY AND WHAT WE WANT DON'T ALWAYS ALIGN.**

This quick 10 question quiz might help you see where your gaps are and then you can decide if you want to fill them and how.

1. Do you have a will?

Y  N

2. If so, is it up to date and does it reflect your current wishes?

Y  N  N/A

3. Have you appointed an enduring guardian in the situation that you can no longer make decisions for yourself?

Y  N

4. Have you completed an advance care directive?

Y  N

5. Do you have a funeral plan / insurance?

Y  N

6. Do your important people know the right people to contact on your behalf and do they know where to find their contact details? Your solicitor, your accountant, your financial advisor, your specific friends / family / colleagues, who you'd like to be notified.

Y  N

7. Do your support people know where important documents and information are stored? Will, deeds, funeral planning, enduring guardianship, power of attorney, digital passwords, statement of wishes and preferences, birth, marriage / divorce certificates etc...?

Y  N

8. If you have people in your care, for example children or someone with a disability, is it documented and clear who will take on his role if you are incapacitated mentally or you have died?

Y  N  N/A

9. If you have specific wishes / preferences from a cultural, religious, spiritual or personal perspective that are important to you leading up to your death or just after death, have you advised your people about this?

Y  N  N/A

10. If you have specific wishes related to your funeral, living wake, celebration of life, disposal of your body, prefer to have nothing etc have you documented this and are your people aware of your wishes?

Y  N  N/A