

FACT SHEET

PLANNING FOR YOUR FUTURE RESOURCES



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WHAT IS FUTURES PLANNING?

The idea of planning for the future of people with disabilities has been around for a long time. What's changed is *who* is in charge and *why* it's done. In the beginning, government departments and service providers were in charge of planning. Fast forward to today and significant cultural changes have taken place. Far more attention is focused on ensuring the individual/family is in control, and the plans are moving away from program/service planning to a focus on the individual's whole life. Such plans may be referred to as: futures planning, personal futures planning, lifestyle planning, and person-centered planning, etc.

FUTURES PLANNING RESOURCES AND SERVICES (REGIONAL)

ORGANISATION	OVERVIEW	CONTACT
ADHC NSW Department of Family and Community Services: Ageing, Disability and Home Care.	The Planning Ahead Kit is a practical resource developed to help you plan for the future. The Kit can help you choose someone to make financial, health and lifestyle decisions for you if you lose the capacity to make decisions yourself. It deals with important issues such as Wills, funeral funds, enduring guardianship, advance care, and power of attorney.	Website: www.adhc.nsw.gov.au/individuals/ageing_well/planning_for_the_future
Legal Aid NSW	Legal Aid NSW has a futures planning booklet called <i>Speaking for Myself</i> . <i>Speaking for myself</i> is about taking steps to protect your interests, making sure your future is in good hands and that things are done the way you would want.	T: 02 6621 2082 W: legalaid.nsw.gov.au
Community Options Program (COPs)	The region's three COPs services auspice the ADHC-funded Support Coordination Program for Older Parent Carers (OPC) . The OPC aims to support older parent carers (aged <60+ or ATSI <45+) who are caring for an adult child with a disability who lives at home. This is a free service. Support can include: equipment, respite, futures planning info and referrals for legal advice and services.	Tweed COPs T: 0755 693 110 W: tweed.nsw.gov.au Richmond COPs T: 0266 869 829 W: nswlhd.health.nsw.gov.au Clarence COPs T: Maclean 0266 453 669 W: clarence.nsw.gov.au
DAISI FutureCare Project DAISI is the region's peak disability and ageing information provider	The DAISI FutureCare project website houses information and resources on futures planning and details a number of links to additional future planning resources and service supports.	T: 1800 800 340 E: info@daisi.asn.au W: futurecare.org.au
Planning ahead Tools	Planning ahead Tools is a website that contains information on futures planning. The website has a list of common questions on futures planning as well as videos.	W: planningaheadtools.com.au