



IF CIRCUMSTANCES CHANGE



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5. IF CIRCUMSTANCES CHANGE

No-one’s plans stay relevant forever. It’s worth taking time to think about and write down what changes you anticipate in your health or your circumstances – the “What if ...”. For example, illness, the progression of your disability, or a carer no longer being able to care for you to the extent they have in the past.

The following prompts are designed to:

- guide your thinking
- to enable you to record any concerns you have about change
- start to identify what you’d like to discuss
- build anticipated changes and consequent support needs into your NDIS planning.

What concerns me?	Why?	Over what timeframe am I expecting this change to occur?	What support would I need to overcome this concern?	How could these supports be built into my NDIS plan?

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Doing this will help you to be ready if your needs change.

Planning your future health care can include:

- Deciding what future care you would want to receive
- Discussing future treatment options with your doctor
- Ensuring your choices to refuse particular treatments are communicated and documented
- Discussing your decisions with your family, friends and those you trust

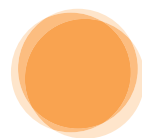
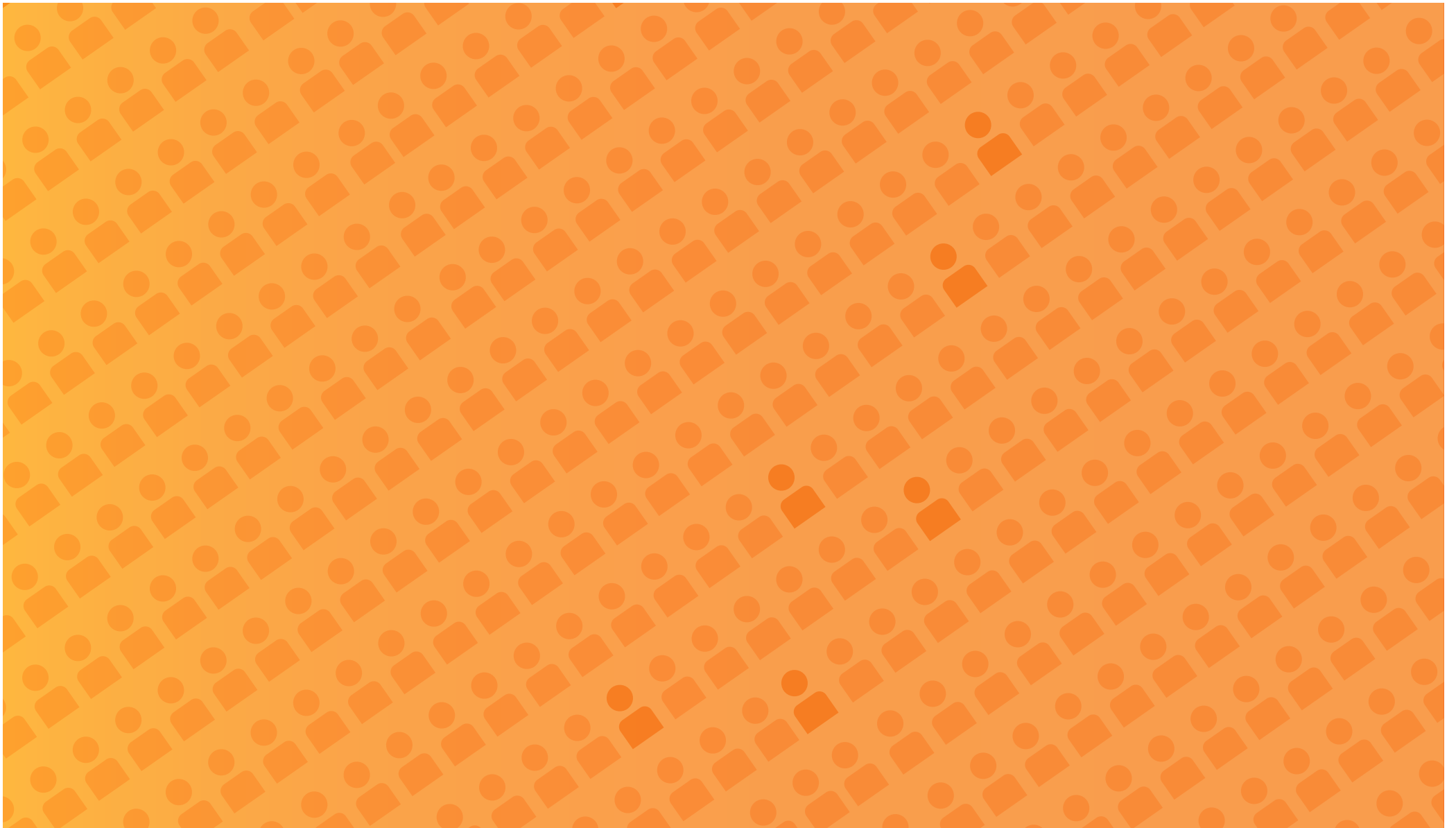
It can also include choosing someone to speak for you if the need arises, and informing others.

Have you spoken to your family or friends about future health care planning?

☐ Yes ☐ No

Notes

If you are interested in more information about advanced care planning you can follow this link to the Better Health Channel - **betterhealth.vic.gov.au/health/servicesandsupport/advance-care-plans**



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