



# Amaranth Foundation

## 2014 Resolutions :-

### *Things I MUST do*

*for the people who are important to me.*

## Advance Care Plan

### Planning for your Future.

What if you had an accident or became so unwell that you were unable to speak for yourself?

- What sort of medical care would you want?
- Who would you want to make decisions for you?
- Have you spoken to your family or doctor about this?

An **Advance Care Plan** can make it easier for your loved ones to make difficult decisions about your health care in stressful and emotional times when you are unable to make these decisions for yourself.

### WHO

Anyone, regardless of their age or state of health, could have an accident or unexpected illness. Everyone should consider doing an Advance Care Plan. It is particularly important for people who have ongoing medical problems.

### WHAT

An Advance Care Plan is a written document that reflects what you would like done if you became unable to speak for yourself—so that your wishes are known and respected. It might include appointing a Substitute Decision Maker, and may also include recording which treatments you would or would not wish to receive in the future. An Advance Care Plan also allows you to write down other non-medical wishes.

Topics that need to be considered include:

- Values that are important in your life
- Your current health and possible future health problems
- What you would want for future medical care
- Who you would want to make decisions for you.
- Discuss these things with your family, friends and loved ones as well as other involved health care providers

- Nominate your chosen Enduring Guardian
- Give copies of this document to your doctor, health care providers, Enduring Guardian and family/carers.

### WHERE

An **Advance Care Plan** can be done anywhere and with anyone of your choosing being present. Respecting Patient Choices Facilitators may be able to come to your home if this is the most comfortable environment for you.

### HOW

#### Contact Amaranth Foundation.

An **Advance Care Plan booklet** is available. This will guide you through the process. Topics addressed include wishes about Future Health Care, Appointing an Enduring Guardian and discussions on setting up a NSW Ambulance Authorised Adult Palliative Care Plan.

A facilitator can be organized to come to speak to you, answer any questions and help you fill out the documentation.

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## Superannuation and Your Estate

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Superannuation is a way to save for your retirement. The money comes from contributions made into your super-fund by your employer and, ideally, topped up by your own money. Sometimes the government will add to it through co-contributions and the low income super contribution.

People who fund and support their own retirement without receiving any government means-tested pensions are known as self-funded retirees.

The trustees of your Superannuation fund have a discretion as to how they will pay your Superannuation and entitlements upon your death. They are not required to act in accordance with your wishes even if they are expressed in your Will. The only way to ensure that your entitlements are paid the way that you choose is to sign a **Binding Death Benefit Nomination**.

Most people nominate a beneficiary on their Superannuation form. This is a NON-binding nomination.

Superannuation legislation requires that benefits be paid to

your spouse, your children, your financial dependents or to the executors (or administrators) or your estate. You need to consider that benefits paid to “dependants”, usually spouse or financially dependant children, are tax free. Benefits to non-dependants attract TAX.

You need to ask your Superannuation fund for a Binding Death Benefit Nomination form that meets the requirement of your fund. If you have a self managed Superannuation Fund then there may be one in the Deed creating your fund. The form must be signed in the same manner as a Will i.e. before two witnesses, both present at the same time.

Most people do not realise that unless they have a current Binding Death Benefit Nomination Form, their Superannuation entitlements will not necessarily be paid as they intend. It is important that a considered decision is made that compliments the provisions made in your Will.

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*Wagga Wagga, Junee, Coolamon, Ganmain, Henty,*

## Write a Will

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A **Will** is a formal written and signed statement, which provides for the distribution of a person's property and assets, to take effect on that person's death.

It is an important legal document that all adults, 18 years of age and over, should have, to protect the assets they have worked hard to accumulate.

Making a Will is the only way to ensure that a lifetime's work is passed on to the people you choose. It provides security for those who are close to you and for those you are responsible for, and may avoid unnecessary difficulties upon your death.

If you die intestate—that is, without a Will—your estate is divided according to the Laws of Intestacy, which may not be in keeping with your wishes.

Your Will may be used to provide for the guardians of your children (under 18 year olds) and to arrange for their maintenance and education.

An **Executor** is a person chosen by you, the Will-maker, to carry out your wishes in managing your estate, and is responsible for the administration and distribution of assets to beneficiaries according to those wishes.

Your executor should be aware of his/her legal responsibilities, and is able to devote the necessary time to the manage-

ment of the affairs of your estate. Acting as executor can be demanding, requiring an understanding of complex legal, financial, accounting and taxation matters. If you choose an executor who is less than able, or who dies before you, this may unduly complicate the administration of your estate.

The term "**estate**" includes anything of value to which a deceased person was, or might have been, entitled to claim during his or her lifetime, which will pass to the executor. It does not include property held as joint tenants, which pass by survivorship, and some life assurance or superannuation assets that have prescribed beneficiaries.

Marriage revokes a Will, unless the Will has been made in contemplation of marriage.

Divorce revokes any provision made under your Will for your ex-spouse.

A defacto partner of two years or more may be entitled to share in your estate.

If you leave no spouse or children and have no next of kin extending as far as cousins or their children, the Government is entitled to the estate.

*<http://www.publictrustee.act.gov.au/wills/>*

# Power of Attorney and Enduring Power of Attorney

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A **Power of Attorney** is a legal document in which you appoint the person or trustee organisation of your choice to manage your assets and financial affairs while you are alive. You may, for instance, be travelling overseas and want to give your attorney access to your bank accounts to pay your bills or manage your finances. Alternatively, it can be useful to have a Power of Attorney if you become unwell and are no longer able to manage your financial affairs.

In NSW, a Power of Attorney can only apply to financial or legal matters. Matters your attorney is able to handle include receiving income, paying bills, taxation and contractual issues, investment or property management.

Making a Power of Attorney does not mean that you will lose control over your financial affairs. It simply gives your attorney formal authority to manage your financial affairs according to your instructions. Your Power of Attorney can be revoked at any time provided you have the capacity to do so.

A Power of Attorney ceases when you die. The executor named in your Will then takes over the responsibility of administering your estate.

A Power of Attorney only deals with property and financial matters, and enables your attorney to sign legally binding documents on your behalf. It does not give someone the right to make decisions about your lifestyle, medical treatment or welfare: these decisions are covered by Enduring Guardianship.

You can make an **Enduring Power of Attorney** which will continue to have effect after you have lost your capacity to self-manage. An ordinary Power of Attorney cannot continue to be used by your attorney after you have lost capacity to deal with your financial affairs. An Enduring Power of Attorney continues after you have lost capacity. This is important for everyone, but particularly for elderly people

Should you no longer be able to manage your financial affairs and you don't have an Enduring Power of Attorney, NSW Civil & Administrative Tribunal (formerly the Guardianship Tribunal) may have to appoint a financial manager to make these decisions for you. If NSW Civil & Administrative Tribunal decides that you need someone to make decisions about your finances and legal affairs, they will appoint a financial manager. While they have an obligation to take your views into account, the ultimate decision rests with the Tribunal.

*<http://www.tag.nsw.gov.au/attorney-faqs.html>*

## Enduring Guardianship

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An **Enduring Guardian** is a substitute decision-maker of your choice with legal authority to make health and lifestyle decisions on your behalf if needed, such as where you may live, the services you need, what health care you receive, or consenting to medical and dental treatment on your behalf.

The enduring guardian's powers only come into effect and remain while you lack capacity to make decisions. The enduring nature of the power means that the guardian's authority continues while you are incapacitated.

You need to be 18 years or older and have capacity to make a decision about who you wish to appoint as your enduring guardian. The person you appoint must be 18 years or older.

Given the important nature of this decision-making role, it is essential the person you appoint understands their responsibilities as a substitute decision-maker. Your enduring guardian should be someone you trust to be able to take into account your views and previous lifestyle choices and to make decisions in your best interests.

If you wish to appoint an enduring guardian, you must sign a legal form of appointment. The enduring guardianship form is an important legal document. The original should be kept in a safe place possibly where you keep other legal documents such as your will and your enduring power of attorney.

The most common functions (decision-making areas) are:-  
**Accommodation** – to decide where you live permanently, or stay temporarily. This can include decisions about respite (in an aged care facility, group home or health care facility), holidays or overnight visits. It is not possible for your enduring guardian to consent to you moving against your wishes.

**Health Care** – to decide what health care you receive such as dental or podiatry, as well as assessments by specialists such as a geriatrician or psychiatrist. This function also gives authority to your enduring guardian to change your doctor and make decisions about end of life treatment such as palliative care.

**Services** – to decide what personal services you should have to support and assist you and may include:

- direct personal or attendant care;
- house cleaning, shopping and other domestic support services;
- counselling and therapy services;
- employment, training, vocational or educational services;
- social and recreational services;
- case management; and
- assessment and review of service plans.

*[http://www.publicguardian.lawlink.nsw.gov.au/agdbasev7wr/\\_assets/publicguardian/m40675111/finalweb\\_version.pdf](http://www.publicguardian.lawlink.nsw.gov.au/agdbasev7wr/_assets/publicguardian/m40675111/finalweb_version.pdf)*

# “HOW PEOPLE *Live* MATTERS”

... it really does.

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**We are on the web:**  
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Follow us on Facebook  
and on our Blog

Life belongs to the living,  
and he who lives must be  
prepared for changes.

Johann Wolfgang von Goethe

## NSW Ambulance Authorised Adult Palliative Care Plan

This plan specifically authorises NSW Ambulance paramedics to deliver individually tailored treatment to patients based on their GP's orders as documented in the plan.

Caring for an individual with palliative care needs can be a complex undertaking. At some stage in the progression of an individual's illness, the decision may be made that further treatment is not indicated. At this point, ongoing medical care will aim to maintain comfort and function with an understanding that end of life is inevitable in the near future. An *Authorised Palliative Care Plan* is an appropriate response for individuals nearing end of life.

In the after hours period when sudden changes in health may lead to uncertainty, NSW Ambulance Triple Zero (000) service is commonly a first response. In the absence of detailed clinical knowledge about the patient, the paramedic's response is protocol based and transfer to the hospital emergency department is generally required. This transfer is often not the optimal outcome in these situations and may be avoidable. For a patient with palliative care needs, transfer may be avoidable if the paramedic has access to an *Authorised Palliative Care Plan*.

The plan can be initiated by any members of a patient's care-team, however final approval and signing prior to submission to NSW Ambulance is the responsibility of the treating GP. In the event of Triple Zero (000) call-out by the patient, the *NSW Ambulance Authorised Adult Palliative Care Plan* is initiated, and may include administration of medications and other actions to relieve and manage symptoms in the home.

***For further information please discuss this with your GP  
and/or contact Amaranth Foundation***

[http://www.snsqml.com.au/images/stories/documents/Primary%20Care%20Support/GP\\_Info\\_Palliative\\_Care\\_Plan.pdf](http://www.snsqml.com.au/images/stories/documents/Primary%20Care%20Support/GP_Info_Palliative_Care_Plan.pdf)

## Recipe : Strawberry – Blackberry Sorbet

### Ingredients:

- 2 cups water
- 2 cups sugar
- 3 cups fresh blackberries
- 3 cups fresh strawberries, hulled and halved
- 1/4 cup fresh lemon juice

### Directions:

In a heavy saucepan over medium-high heat, combine the water and sugar. Bring to a boil and cook, stirring occasionally, until the sugar dissolves and the syrup is clear, about 1 minute.

Add the blackberries and strawberries to the syrup and bring to a boil over medium-high heat. Reduce the heat to medium and simmer, stirring constantly, until the berries are very soft, about 4 minutes.

Strain the berries through a fine-mesh sieve into a bowl, pressing on the berries with the back of a large spoon. Discard the

pulp and seeds.

Add the lemon juice to the berry syrup and stir to combine. Let cool at room temperature until barely warm, about 1 hour.

Cover and refrigerate until chilled, at least 3 hours or up to 1 day.

Transfer the syrup to an ice cream maker and freeze according to the manufacturer's instructions.

Transfer the sorbet to a freezer-safe container and freeze until firm, at least 4 hours, before serving.

Let stand at room temperature for 20 minutes before serving. Makes about 1 1/2 quarts.



<http://www.yummly.com/recipe/external/Strawberry->