

Preparing for your future

Tips to help you plan
for older age



Introduction

Planning ahead for older age can be hard – but it is an important and empowering process



This presentation is for information purposes only and is not legal advice.

We acknowledge Justice Connect for providing the materials for this presentation.

The information relates to law within the state of Victoria and is current as at March 2025.

Part one: Planning for everyday life in your older age

Friendships



Family



Purpose

The things that give your life meaning



Religion or spirituality



Activities or hobbies



Special events

(eg. birthdays, cultural events)



Places to go



Where you live



Services

(eg. your favourite doctors, mental health clinicians, or support workers)



Personal care



Part two:

Planning how to manage your finances in the future

- Imagine if you got sick in your older age, or found it hard to make decisions, and you couldn't manage your money anymore.
- You might need help paying your rent or mortgage, paying your bills, or making other financial decisions.



Part three: Planning for your end-of-life healthcare

Imagine the future
when you are nearing
the end of your life,
either due to old age,
illness, or an accident.



Part four: Legal documents

We recommend that you complete formal legal documents to formalise your plans for the future:

- Enduring Power of Attorney (personal)
- Enduring Power of Attorney (financial)
- Appointment of Medical Treatment Decision Maker
- Advanced Care Directive
- VCAT Guardianship & Administration
- Will



Where to get help...

Justice Connect - 03 8636 4400

<https://justiceconnect.org.au/>

Seniors Rights Victoria - 1300 368 821

<https://seniorsrights.org.au/>

Office of the Public Advocate - 1300 309 337

<https://www.publicadvocate.vic.gov.au/>

Contact Us

Ballarat and Grampians Community Legal Service

5 Chancery Lane, Ballarat 3350

91A Wilson St, Horsham 3400

03 5331 5999 or 1800 466 488

reception@bgcls.org.au

www.bgcls.org.au

