

A Plan of Care:

A book to help people make health and personal care decisions for a person in New South Wales who has dementia

*Authored by Anne Meller, Sara Graham, Elizabeth Hindmarsh,
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A Plan of Care is a book that explains in clear language how to make health and personal care decisions for a person who has dementia and has lost the capacity to make their own decisions. It is written for family members and friends who have to make such decisions.

The book contains several life stories that illustrate how difficult it can be to make decisions for another person whose wishes we want to respect.

Making these kinds of decisions can be a difficult and emotionally challenging task because we all want to do "the right thing" for the person. This book tries to make the process of "substitute decision making" easier by explaining what is involved in making decisions when the person has lost capacity.

The book highlights the importance of planning ahead and contains a four page Plan of Care that you can complete

The book is written for use in New South Wales.

About the authors

The authors have experience in and expert knowledge of aged care, health, general practice, nursing, education and community welfare.

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