

Flourishing on the Fleurieu

Advance Care Directive gives families peace of mind

Catherine Cramer, who is the primary carer for her husband Carl, said planning ahead and organising the required legal forms with her husband has given her and their family peace of mind.

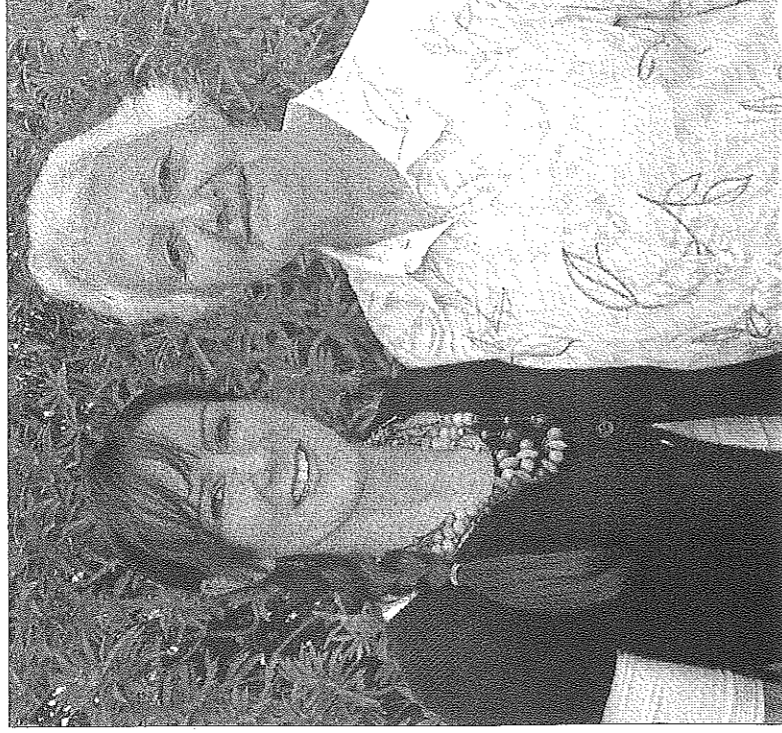
When Carl, now aged 81, was diagnosed with dementia 10 years ago, Catherine, Carl and family spoke about his wishes, preferences and instructions for future health care.

Since the diagnosis, Carl has had a stroke and lives with dilated cardiomyopathy. Catherine believes it is very important to speak with your loved one - while they are able to - about their wishes for future health care and personal matters.

Catherine was pleased to hear the necessary legal forms had been simplified into one easy document and will attend the information session about Advance Care

Directives on March 24 at the City of Victor Harbor Council Chambers. She urges other families to discuss Advance Care Directives as it means everyone is aware of what their family member's wishes are.

Catherine said after filling out the legal forms she was



SUPPORT: Michelle Fuller project officer for the Southern Fleurieu and Kangaroo Island Positive Ageing Taskforce with Victor Harbor's Catherine Cramer who is the primary carer of her husband Carl.

relieved. Catherine said some older people may be daunted by the forms, however there are many services on the Fleurieu that can help; these include social workers at the

health service, the carers support centre, online support via the Advanced Care Directives website, and the information session this month.



Advance Care Directives Make your wishes for care clear today, in case you can't tomorrow

Attend an information session

Presented by the Office of the Public Advocate on Tuesday, 24 March 2015 from 10am - 11:30am at the City of Victor Harbor Council Chambers.

Register today

For more information or to register your attendance email mfuller@victor.sa.gov.au or call 8551 0571

Service providers and general public welcome to attend this session.

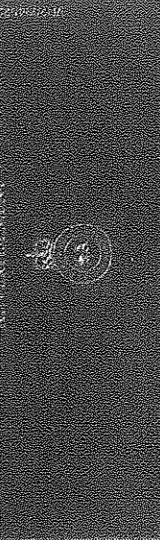
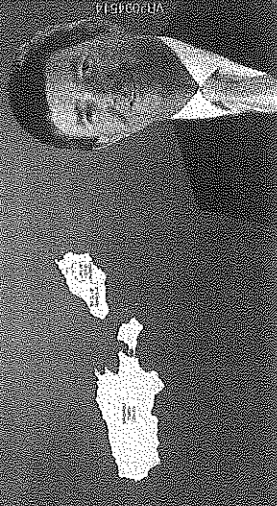


Supported by the Southern Fleurieu and Kangaroo Island Positive Ageing Taskforce



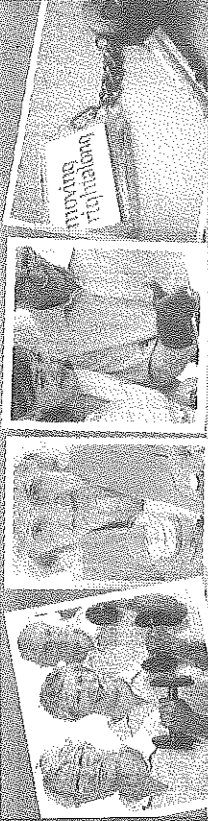
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COTA SA is promoting health and wellbeing for people over 50 on the Fleurieu.

Don't miss these FREE opportunities for your seniors club or group

Pills & Spills education session Moving Right Along education sessions- be road safe, know your alternatives to driving and/or learn about motorised scooter safety.

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COTA SA Country Callers 1800 182 324,
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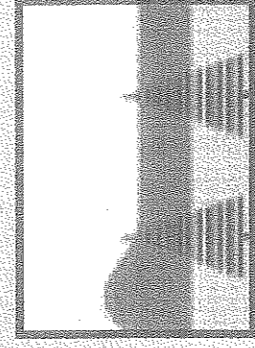
Enquiries: phone 8373 9120 email accommodation@resthaven.asn.au

Community Services 50 North Terrace, Port Elliot SA 5212
Currently available: in-home care and support services for older people who live in their own home. From May, additional services include respite for carers and health and wellbeing support, coordinated from the old school house building.

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