

## Who will speak for you if you can't speak for yourself?

If you lose the ability to make decisions – either because of an accident, sudden illness or a progressive illness like dementia, someone else will be asked to make decisions for you. This person is called a 'substitute decision-maker'.

There are laws in each state and territory setting out a priority order of decision-makers. These laws determine who would be your substitute decision-maker. However, you can appoint a different person if you want to. This does not have to be a family member.

'Identifying and appointing someone who will make decisions on your behalf, is an important part of planning ahead.'

## Persons identified in state or territory laws to be your substitute decision-maker

The laws that decide who will be your substitute decision-maker vary across the states of Australia. The first person on the list in all states and territories is someone you have legally appointed. After that, the list involves certain types of people. For example:

- an appointed substitute decision-maker
- a spouse
- an unpaid person who provides care and assistance
- a close friend
- a family member.

Information for your state or territory can be found at [www.advancecareplanning.org.au](http://www.advancecareplanning.org.au).

## 您如果無法表達自己，誰會為您說話？

如果您由於意外、突然患病或患上如腦退化症 (dementia) 等逐漸惡化的疾病，而失去了作決定的能力，某人將被要求為您做決定。此人被稱為 '替代決策者'。

每個州及領地均有法律規定替代決策者的優先順序。這些法律規定了誰會成為您的健康替代決策者。然而，如果您想要，也可以指定不同的人。這個人不一定是您的家人。

'確定及指定代表您做決定的人，是提前

## 州或領地法律中確定的人員成為您的替代決策者

澳大利亞各州規定誰可以成為您的替代決策者的法律各不相同。所有州及領地的名單上，排名第一的是您合法指定的人。在此之後，名單涉及某些類型的人士。例如：

- 指定的替代決策者
- 配偶
- 無報酬提供護理及協助的人士
- 密友
- 家庭成員。

可瀏覽網站 [www.advancecareplanning.org.au](http://www.advancecareplanning.org.au)，獲得有關您所在的州或領地的資訊。

## Is this the person you would have chosen for yourself?

In many cases, the person automatically identified as your substitute decision-maker is the same person that you would have chosen yourself. But this is not always the case. For example, you want your daughter or neighbour as your substitute decision-maker but the hospital may contact your brother or sister during an emergency.

## Legally appointing your decision-maker

If the person automatically selected to be your substitute decision-maker is different to the person you would choose, you can legally appoint your preferred person. They will have the authority to act on your behalf. It can also give you peace of mind. You will know decisions will be made by someone you trust and want to make your decisions for you.

## Things to consider when choosing a substitute decision-maker

This is a very important role and something you should consider carefully. Ideally, the person (or people) you choose:

- would be willing to speak on your behalf
- would be able to act on your preferences
- can separate their own feelings from yours
- is available (preferably living nearby)
- knows you well and understands what's important to you
- will talk with you now about sensitive issues and will listen to your preferences
- will likely be around for some time into the future
- can confidently speak with health professionals and other family members about your preferences.

'The most important consideration is to have someone you trust.'

## 該名人士會是您為自己選擇的人嗎？

在許多情況下，自動被確定為您的替代決策者的人，與您自己本來會挑選的人是同一位。但未必總是這樣。例如：您希望您的女兒或鄰居成為您的替代決策者，但醫院在緊急情況下，可能會聯絡您的兄弟或姐妹。

## 合法指定您的決策者

如果自動被選擇成為您的替代決策者的人與您會選擇的不一樣，您可以合法地指定您首選的人。他們將有權代表您行事。這也會讓您安心。您會知道將由自己信任的并希望為您做決定的人為您作出決定。

## 選擇替代決策者時，需要考慮的事情

這是一個非常重要的角色，您應仔細考慮。您選擇的理想人士應為：

- 願意代表您發表意見
- 有能力根據您的偏好行事
- 可以把他們自己的感覺與您的分開
- 有空（住在附近更好）
- 熟悉您，理解什麼對您來說很重要
- 現在會與您討論敏感問題，並傾聽您的偏好
- 將來一段時間可能會在您身邊
- 可以自信地與醫療專業人員和其他家庭成員討論您的偏好。

‘最主要的考慮是要找到您信任的人。’

## How to appoint your substitute decision-maker

You will need to complete documents from your Australian state or territory. It is best to complete these early as you need to be 'legally competent'. Being competent means you are able to understand the document you are signing, and the implications of this.

A person appointed by you as your substitute decision-maker only takes on this role if you lose capacity to make your own decisions. This person does not have the power to manage your financial affairs. If you want them to manage your financial affairs you need to appoint them separately to have that role.

In most states or territories you can appoint more than one person. You can give them the power to act alone or together in making decisions.

Explain to others who may expect to have a say in your care:

- who you have nominated and why, and
- ask these people to support the person you have appointed.

## Supporting your substitute decision-maker

You can help your substitute decision-maker perform their role.

- Talk with them about your preferences for future care.
- Make sure they are happy to do it.
- Make sure they have copies of any relevant documents, such as your Advance Care Directive.

## 如何指定替代決策者

您需要填妥您所在的州或領地要求的文件。由於您需要有「法律行為能力」，所以最好儘早填妥文件。「有法律行為能力」指的是您能夠理解您正在簽署的文件及其影響。

經由您指定作為替代決策者的人士，僅在您喪失自行做決定的能力之時，才會履行此責任。此人無權管理您的財務事宜。如果您希望他們管理您的財務，需要另外任命他們擔任這個角色。

大部分的州或領地允許您指定多人。您可以授權他們單獨或集體作出決定。

向那些期望在您的護理問題上發表意見的其他人士解釋：

- 您已指定了誰以及這樣做的原因
- 要求這些人支持您已指定的人。

## 支持您的替代決策者

您可以幫助您的替代決策者履行責任。

- 與他們談談您對未來護理的偏好。
- 確定他們樂意這樣做。
- 確定他們得到任何相關文件的副本，例如：您的預先護理指示。

## For more information and assistance

If you have someone who can read English, ask them to help you. Ask them to access the information and any documents you need. Your local doctor/GP or Chinese association may be able to help. Or ask about arranging an interpreter to assist you.

- Access information and documents for your state or territory at [www.advancecareplanning.org.au](http://www.advancecareplanning.org.au) (Audio-recordings of information spoken in Cantonese and Mandarin are also available).
- Visit your doctor/GP for assistance.
- Alternatively, call the National Dementia Helpline on 1800 100 500.

or

- Advance Care Planning Advisory Service: Phone 1300 208 582. A telephone interpreter is available for this service by calling 13 14 50. State the language you speak. Wait on the phone (for up to 3 minutes). You can then ask the interpreter to call the Advance Care Planning Advisory Service on 1300 208 582.

## 如需更多資訊及協助

如果您身邊有人能夠讀懂英文，請要求他們幫助您。請他們獲取您需要的資訊及文件。您當地的醫生/GP（全科醫師）或華人社團可提供幫助。或者，您可以查詢安排口譯員協助您。

- 瀏覽網站：[www.advancecareplanning.org.au](http://www.advancecareplanning.org.au)，以獲取您所在的州或領地的資訊及文件（某些資訊有中文版）。
  - 拜訪您的醫生/GP（全科醫師），以獲得協助。
  - 也可以致電 1800 100 500，聯絡 National Dementia Helpline（全國腦退化症求助熱線）。
- 或聯絡
- Advance Care Planning Advisory Service（預先護理計劃諮詢服務）：致電 1300 208 582。該項服務提供電話口譯，請撥打 13 14 50。電話接通後，請告知對方您說什麼語言。等待接通電話（最長 3 分鐘）。然後，您可以要求口譯員幫您撥打 1300 208 582，接通 Advance Care Planning Advisory Service。