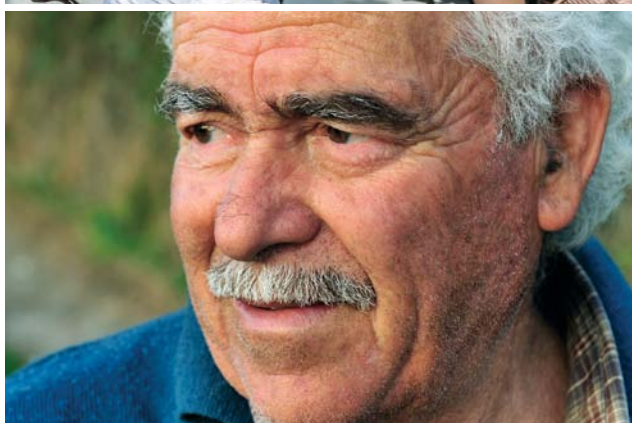


BEING PREPARED

Making empowered choices is...



Shirley had helped her mother years ago when she was dying. She made some difficult and stressful choices at the time. When Shirley was diagnosed with kidney failure, she made decisions about her medical care and treatment. She talked openly with her family. This helped her children and doctors to decide when to stop renal dialysis. This ensured the best quality of life for Shirley. It also provided Shirley's family and friends the reassurance of knowing that these were Shirley's wishes.



Spiros talked to the doctor about his advanced cancer diagnosis. He then looked up what to expect and how to best deal with it. Spiros made choices about the kind of treatment he wanted, and what he didn't want. He found out how to manage the stages of his disease. This enabled Spiros to get the support and care he needed as the illness progressed. He also let his friends and healthcare team know what was important to him. They were aware of how to help Spiros live as well as possible while he managed his condition.



Amanda had lived a busy life, being strong for everyone around her. When she was told she had multiple sclerosis she fell to pieces. She felt completely unable to cope with the fact that this had happened to her. She lost faith in everything. Amanda's partner Janice suggested that it may help if she got in touch spiritually to help meet the future. This brought Amanda great peace, and she felt able to accept that change would come...and that she would be okay.

Things will change. Talk with a healthcare team and have a plan.

CareSearch provides information and resources for people who are caring for someone with a **life-limiting illness**.

CareSearch provides information on **spirituality**, **planning for the future**, **managing symptoms**, and a range of other everyday issues.

Visit www.caresearch.com.au.