



**Easy Read**



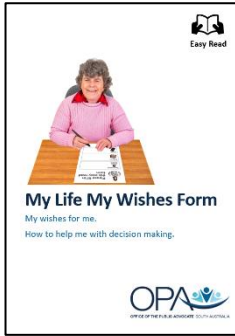
# **My Life My Wishes Form**

User Guide.



OFFICE OF THE PUBLIC ADVOCATE SOUTH AUSTRALIA

This is the My Life My Wishes Form User Guide.



This user guide will help you to know how to fill out the My Life My Wishes form.



This was made by the Office of the Public Advocate.

The Office of the Public Advocate is also known as OPA.

When you see we or us that means OPA.



You can ask someone you trust to help you go through this user guide.

## What is in this user guide

My Life My Wishes form.....	4
Principles .....	6
How to complete this form .....	7
Part A. My Decision Making Profile.....	8
Part B: My Life, My Wishes .....	9
Signing the My Life My Wishes form.....	10
Who is your supporter? .....	11
Know your rights .....	14
Consent.....	14
Capacity .....	15

# My Life My Wishes form



The My Life My Wishes form is a form to write down things about:

- Your life now.
- Your wishes for the future.
- Help you need to make decisions.



This form can help you to make choices about what you want in your life.



You can use the form to share with your supporters your choices around:

- What you want or need.
- What you want for your future.
- Important information about you.



Supporters are people in your life, they could be:

- Family.
- Friends.
- Support workers.
- Guardian.
- Other important people.



You can fill in this form if:

- You need support to make decisions in your life.
- You live in South Australia.
- You cannot make an **Advance Care Directive**.



An Advance Care Directive is a legal document that tells others about:

- Your health care in the future.
- End of life wishes.
- Where you would like to live in the future.
- Anything else that is important.

You can only make an Advance Care Directive if you:

- Are over 18 years old.
- Have decision making capacity.



The My Life My Wishes form is NOT:

- A legal document.
- An Advance Care Directive.

## Principles



The My Life My Wishes form was made for everyone to:

- Be involved with making decisions about their life.
- Be supported to make decision and choices.
- Tell your supporters your choices about your life.
- Have supporters to ask and listen to what you want in your life.
- Have supporters to make decisions that include your decisions and choices.



## How to complete the form



You can have a supporter to help you to fill out the form.

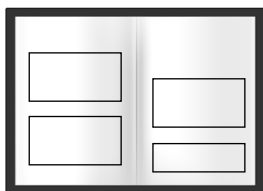


In the form, write or draw:

- Your wishes for the future.
- Your life now.
- As much information as you want.

This could be a lot or only a small amount.

You can take your time to fill out the form.



You do not have to answer every question.



## Part A. My Decision Making Profile

Your decision making profile is where you write what you want your supporters to know about you.



You might be asked questions about:

- What support you need to make decisions.
- Your culture and faith.
- Your history.
- How you tell people what you want or need.
- Who you want your supporters to be.





## Part B: My Life, My Wishes

The My Life, My Wishes part is where you write:



- Your wishes for your health.



- Your wishes for where you live.



- What type of support you need to make decisions and choices.



- Any other information that your supporters should know to help you.

## Signing the My Life My Wishes form



The My Life, My Wishes form can be signed by:

- You.
- Your supporters.

## Who is your supporter?



A supporter is someone who can help you to complete your My Life My Wishes form.



If you need support to make decisions, you can ask someone to help you.



The supporter might be able to make some decisions for you if you are not able to.



Supporters can be different types of people.



Your supporter could be an **informal support** like a:

- Family member.
- Friend.

An informal support is someone who is not paid to support you.



Your supporter could be a **guardian**.

A guardian is someone who can make decisions for you about:

- Your health.
- Where you live.
- Who you live with.
- Other personal decisions.



Your supporter could be a **substitute decision-maker**.

A substitute decision maker is someone who makes decisions for you.



Your supporter could be a **person responsible**.

This is someone who makes decisions about your health care.



You can get more information about decision making and supporters on the OPA website.

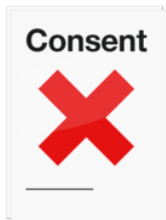
[www.opa.sa.gov.au](http://www.opa.sa.gov.au)

# Know your rights

## Consent



Consent means you say it is ok for someone to do something.



The form does not mean you have agreed to any decision.

You should be asked each time there is a decision to made about you or your life.



You can get more information about consent to medical treatment here

[www.opa.sa.gov.au](http://www.opa.sa.gov.au)

## Capacity



When you are over 18 years old there are life decisions that you need to make.

These decisions might be:



- Signing legal documents.
- Agreeing to a service.
- Giving consent to medical treatment.



If you can make decisions, you have decision making capacity.

You can still make decisions if you:



- Do not understand all the information.
- Can only remember the information for a short time.
- Make a decision that does not have a good outcome.
- Can make some of the decision.



Some people need support to make some decisions.

You might be able to make some decisions but need support to make other decisions.



Some people might need support to make decisions if they:



- Have a disability.
- Are really sick.
- Have an injury.



You might need support to make a decision if you do not understand:

- All of the information about a decision.
- What might happen after a decision is made.



OFFICE OF THE PUBLIC ADVOCATE SOUTH AUSTRALIA



**1800 066 969**



**[opa@agd.sa.gov.au](mailto:opa@agd.sa.gov.au)**



**[www.opa.sa.gov.au](http://www.opa.sa.gov.au)**

This resource was funded by the Australian Government Department of Social Services and the South Australian Health & Medical Research Institute.



This document has been made in an easy-to-read way by the South Australian Council on Intellectual Disability using images from Microsoft 365 and Photosymbols. Images cannot be used without permission. This document was tested by people with intellectual disability.

© Created April 2024