

A photograph showing a man in a dark suit and glasses shaking hands with an elderly man with white hair and glasses wearing a pink shirt. The man in the suit is holding a tablet. They are in an office setting with shelves in the background.

HELPLINE 1300 368 821

## How to formalise your wishes while you can

A time may come when you are unable to make decisions for yourself. Unlike a Will, which outlines your wishes after you die, the following documents can help you outline your wishes for while you are living.

- **Enduring Power of Attorney (EPOA):** appoints someone to make decisions for you. For example: Financial decisions like paying bills, or personal decisions like where you live
- **Medical Treatment Decision Maker (MTDM):** appoints someone to make medical decisions as they believe you would make them if you were able
- **Advanced Care Planning:** includes instructions about specific medical and personal care



A COTA Victoria Program

Helpline 1300 368 821  
[seniorsrights.org.au](http://seniorsrights.org.au)

10am–5pm, Monday–Friday.

### **Useful contacts:**

**Office of the Public Advocate**

Phone: 1300 309 337

[www.publicadvocate.vic.gov.au](http://www.publicadvocate.vic.gov.au)

**Victorian Civil and Administrative  
Tribunal (VCAT)**

To appoint a guardian or administrator  
to add to the VCAT Guardianship List,  
visit

[www.vcat.vic.gov.au](http://www.vcat.vic.gov.au) and follow the  
links to 'case types' then select either  
'Powers of Attorney' or 'Guardianship &  
Administration'

1300 01 8828

**Federation of Community Legal Centres**

The Federation is the peak body for  
Victoria's Community Legal Centres and  
Aboriginal Legal Services. To find your  
local Community Legal Centre visit  
[www.fclc.org.au](http://www.fclc.org.au) and click "Find a CLC"  
or call 1300 792 387