

Video transcript: Is it ever too early to plan?

Voiceover: We're here today to have a conversation about something we can all find a little difficult to talk about.

Michelle: Oop... oop... no glasses.

Sandy: Is it ever too early to plan? No. Done.

Leyton: Well if you're alive and you... and you... [laughs] and I think that's basically it.

Rosslyn: It's never too early to plan for anything but particularly around death because it is the one thing that we are all certain will happen.

Bill: Who knows what's going to happen when I'm driving home from this interview.

Rosslyn: Having worked with people who have been diagnosed with serious illnesses like cancer, they tell me that it is a bolt out of the blue. That they had no idea that they were going to get this diagnosis and immediately their life changed overnight.

Leyton: And it might happen tomorrow, then planning today is the best idea. So I don't think it's ever too early to plan.

Rosslyn: I've just asked my... and assisted my 18-year-old son to do an Advance Health Directive.

Linh: I have actually completed my Advance Health Directive, and the reason why (and even though I'm quite young) is I know far better that my parents have a very different opinion to my care than my husband.

Bill: It's hard to engage younger people in it because it doesn't seem particularly relevant but I guess it's like superannuation. Who cares about it until you're about to retire; "Oh, should have done that 25 years ago".

Maria: You may not plan it down to the fine detail, but you can start thinking in those lines.

Rosslyn: And I'm hoping that I never will have to use those documents for my son, but it gives me a bit of peace of mind that I've got them in place.

Bill: It gives families a big amount of confidence when you're asking them to make decisions when they've actually had any sort of discussion with their loved ones

Michelle: If you start planning, that means that the people that are with you with this journey don't have to make those plans for you.

Rosslyn: It is to be remembered though that while you are able to answer, even if it's with the squeeze of a hand or the blink of an eye, you will always be asked what it is that you want.

Sandy: And you've actually got the benefit of time to plan a lot of the hard stuff.

Linh: And there's no right time, but I think the earlier the better.