**SANE’s *Ageing Well* guide**

**Suggested content – 100 words**

Whether you’re over 65, approaching the later years, or supporting a family member, friend or client living with mental illness, planning ahead is important for all of us.

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Planning ahead is about preparing for issues related to living arrangements; physical and mental healthcare; and legal, financial and lifestyle matters. And it starts with a conversation.

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SANE’s new resource the *Ageing Well* guide has been developed to make the process of thinking ahead easier, with a checklist to help develop a plan.

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The *Ageing Well* guide is available for download from www.sane.org. Alternatively, contact SANE Australia on (03) 9682 5933 to order the guide.

Links:

<https://www.sane.org/sane-guide-to-ageing-well>

<https://www.sane.org/projects/aged-care>