

# YOUR WILL *Guide*

Let your  
gift in  
your Will  
reflect  
your life



## HOW WOULD YOU LIKE TO BE REMEMBERED?

**Leaving a life transforming gift in your Will means you can improve and save the lives of future generations of patients in the wider Canberra Community.**

Your legacy will help fund research, patient innovation, purchasing state-of-the-art technology and equipment, as well as life-giving clinical trials and therapeutic wellness programs for patients. You can help ease the suffering of patients and help them get the best care available.

We understand that leaving a gift in your Will is a very personal decision and your loved ones should always come first. Once you have taken care of the special people in your life, please consider including a gift to the Canberra Hospital Foundation in your Will.

Your Will is your last gift. Written wisely, it can give your family and friends peace of mind. Firstly, discuss your intentions with your family and/or friends and then seek legal advice. A Will is a legal document and should be prepared in consultation with a trusted legal advisor.

***"The great use of life is to spend it for something that will outlast it."***

**- William James**



## YOUR LIFE TRANSFORMING GIFT SUPPORTS

### Research

Research of high quality, including discovery research and research aimed at improving everyday patient care, patient wellbeing, and health outcomes.



### Equipment

State-of-the-art technology and equipment enables streamlined workflow for health professionals and helps to decrease the distress experienced by patients and their families and caregivers.

### Transformations

Refurbishments of away-from-bed spaces transform the hospital experience. Bright artwork, cosy furniture, and inviting decor make spaces feel less clinical, offering respite and distraction for patients and their families.



## EXAMPLES OF AREAS SUPPORTED BY CANBERRA HOSPITAL FOUNDATION

### Ovarian Cancer Research Program

The ICON-9 study is a very important study that may well be practise changing (if positive). Currently, despite surgery and platinum based first line chemotherapy around 80% women with advanced cancer have re-occurrence that is ultimately fatal. This study explores the potential benefit of two novel biological agents.

Without additional funding Canberran women with ovarian cancer eligible for this study must travel to Sydney in order to participate or must decide to not take part in the study.

These patients are therefore faced with the added inconvenience, suffering and distress placed on them and their families to make the regular long trips to Sydney whilst facing increased risk due to the COVID-19 pandemic.

**\$20,000 in funding enabled additional Canberran women with ovarian cancer to participate in this study.**

### Wellbeing Centre

The Wellbeing Centre within the Canberra Region Cancer Centre will support people (and their families and friends) undergoing active cancer treatment within the ACT. Programs offered at the centre will include exercise physiology, group exercise and relaxation classes, art and music therapy, mindfulness, nutrition, and cooking, caring for others with cancer and Look Good Feel Better programs.

**Set Up Cost of \$1.2million. Additional \$80,000 p.a. needed to fund ongoing programs**

### Therapeutic Programs & Arts in Health Programs

Recently the newly refurbished Paediatric High Care Ward was opened. As part of the project and part of the CHF Arts & Health Program, internationally loved children's book illustrator Freya Blackwood worked with CHF staff and children to make a series of calming, reassuring wall illustrations to welcome children into the ward.

**Over \$150,000 donated towards therapeutic programs across the hospital.**



Robot-Assisted Rehabilitation

Development of Robot-Assisted-Rehabilitation at the University of Canberra Hospital to treat stroke and neurological disease and injury including brain and spinal cord injuries. There is a significant body of high-quality evidence showing robot-assisted rehabilitation can improve both arm function and the walking function of people following a stroke.

\$390,000 to fund Arm and Reaching Rehabilitation Suite.



Purposeful Walking Garden

A well-designed walking garden promotes independence and wellbeing for patients with cognitive impairment including dementia. These gardens provide meaningful activity such as gardening, watering, sweeping, and an opportunity for socialisation and sensory stimulation. All proven to be beneficial for rehabilitation and recovery. Stage one completed.

\$250,000 of additional funding needed for completion of next stages.



SMILEYSCOPES: \$15K can fund a Smileyscope and relieve fear and anxiety for children requiring needles, offering entertainment and distraction in what can be distressing experiences.



SLEEP PODS: \$35K can fund a sleep pod allowing cancer patients to take time out from clinical areas, have a rest in between treatments and reduce stress, anxiety and fatigue.

FUNDING SPECIFIC AREAS

We welcome gifts made unconditionally that can be used for general purposes of the charitable works of the Foundation, so we can direct funds to the area of greatest need.

If you choose to leave a gift to support a specific area, we recommend you express this as a wish, not a condition. This gives us the flexibility to transfer your gift to a similar area of work if it is no longer possible to fund the specific area you were originally looking to support.

WAYS TO GIVE

There are a variety of ways to include a gift in your Will to the Canberra Hospital Foundation. The main types of gifts to charities in Wills are:

- Residuary gift:** A percentage share of your estate once all other legacies and expenses have been deducted. This type of gift keeps pace with inflation.
- Pecuniary gift:** A fixed sum of money. This type of gift does not keep pace with inflation unless you review your Will regularly or your Will links the gift with inflation.
- Specific items:** A gift of specific items such as furniture, artwork, jewellery, etc.
- Property:** A gift of real estate
- Stocks & shares:** A percentage of stocks and shares in your portfolio.
- Superannuation and/or Life Insurance policies:** Nominate the Canberra Hospital Foundation as a beneficiary.

SUGGESTED WILL WORDING

Thank you for considering leaving a gift in your Will to the Canberra Hospital Foundation. You may take the below suggested wording to your solicitor to ensure your wishes are fulfilled.

"I bequeath to the Canberra Hospital Foundation Limited, Canberra Hospital, Garran ACT 2605 (ABN 59634785345) in aid of the charitable works of the Foundation,

☐ the whole of my estate

☐ \_\_\_\_\_ (write in words) a percentage of my estate

☐ \_\_\_\_\_ (write in words) a percentage of the residue of my estate

☐ my real property situated at \_\_\_\_\_ [address] in \_\_\_\_\_ [State & country] free of all fees, charges, taxes, duties and encumbrances

☐ the sum of \$ \_\_\_\_\_

to be used as the Officeholders of the Foundation shall in their absolute discretion decide and I declare that an official receipt from the Treasurer or other duly authorised officer of the Canberra Hospital Foundation shall be a sufficient discharge to my executors.

Thank You

It can be strange thinking about how we will be remembered after we're gone. But there is something comforting in knowing we have a choice in how we are remembered, too.

Giving the gift of life can be a powerful legacy to reflect your life.

On behalf of everyone whose lives have been touched by Canberra Health Services and the work of the Canberra Hospital Foundation, a heartfelt thank you for considering a gift in your Will to the Canberra Hospital Foundation.



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This flyer has been prepared for you by Canberra Hospital Foundation. This is not a legal document and we encourage you to seek legal advice when preparing or updating your Will.