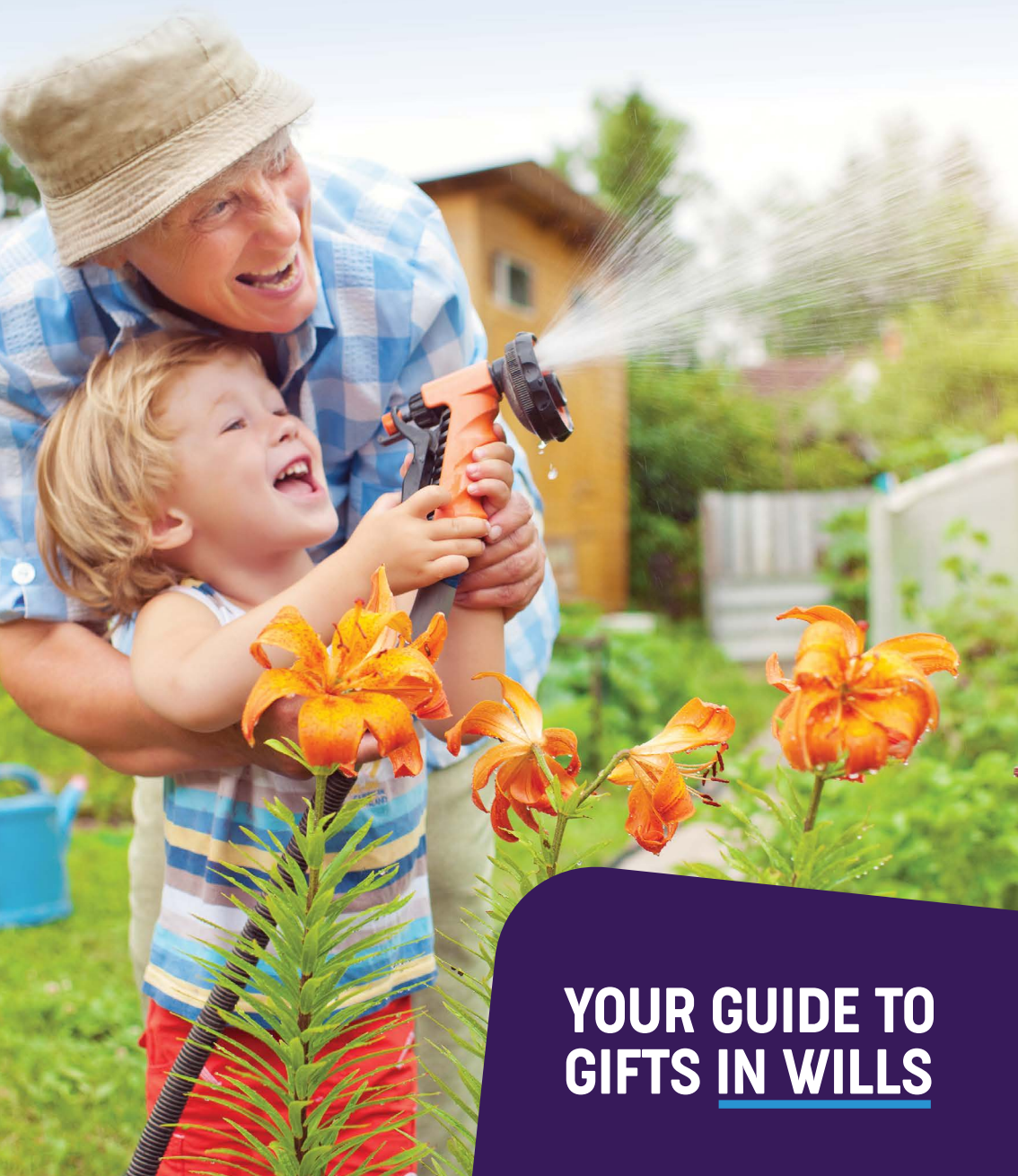




**ASTHMA
AUSTRALIA**

BREATHE LIFE INTO THEIR FUTURES



**YOUR GUIDE TO
GIFTS IN WILLS**

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“For my mum and my dad and my brother”

“The main reason I’m including a gift to Asthma Australia in my Will is for my mum and my dad and my brother, but it’s also everybody else who suffers from asthma. It’s for the research that needs to be done to help those people...”

Shirley Ashdown

OUR PROMISE TO YOU

Should you choose to include a gift to Asthma Australia in your Will:

- 1** Your privacy will be respected and you will be treated with the utmost sensitivity and care
- 2** We genuinely understand that your family should come first
- 3** We will answer any questions you have and we will keep you up-to-date with our work in the way that suits you – just let us know
- 4** You and your gift will always be treated with sensitivity and respect
- 5** You don't have to tell us if you decide to include a gift, but we would value the chance to thank you if you do tell us
- 6** Your decision is yours alone, and we know that circumstances can change. You may, of course, change your mind about your gift to Asthma Australia at any time in the future

What asthma means to my life and those of my children



Eleni's story

A case of measles at the age of three left Eleni with scarring on her lungs and marked the beginning of lifelong asthma.

"As a little girl, there was no such thing as Ventolin," says Eleni. "Hospitalisation was frequent, including many trips to the emergency department near death from asthma attacks."

"By the time I was nine years old, they had developed Ventolin in liquid form. This was obviously helpful but would take much longer to calm my lung muscles than our Ventolin puffer of today. In those days during an attack, it was "keep warm, drink warm water and try to relax" – a bit hard to do when you feel like the world is getting darker and your lungs are collapsing."

That was more than 40 years ago.

These days Eleni is a mum of five and a businesswoman with four businesses. And every one of her five children have asthma too.

"I have had many an emergency," says Eleni. "They have all been in an ambulance, and had hospital stays with an asthma flare-up, croup or pneumonia – all stemming from asthma."

"Monitoring their coughs and their medicine is a daily chore as I have found that being proactive is much more effective than being reactive – the hospital visits have mostly been from them not following through on their medication! But we live and learn."

"They all sing, dance, and swim. I am so big on them being active as much as possible – I don't want them to ever use asthma as an excuse to hold them back from life."

"There is a Ventolin in every car, in every bag, in every school office, at every sleep-over or in every holiday suitcase – so as far as I see it, we're covered!"

Although asthma treatment has come a long way, and people with asthma can and do live active and full lives, asthma still causes repeated hospital visits and deaths.

YOU CAN HELP PREVENT ASTHMA

With the help of kind gifts to Asthma Australia, Dr Megan Jensen from Newcastle's School of Medicine and Public Health, is investigating the role of Vitamin D levels in pregnant women, and how that may affect their child's likelihood of getting asthma.

Her research found most pregnant women with asthma in her study had low vitamin D levels that persisted throughout the pregnancy.

Low maternal vitamin D status has been found to be associated with greater risk of adverse respiratory outcomes in their infants, a group at high risk of developing childhood asthma.

Dr Jensen has studied the women during their pregnancies and followed them and their children up 12 months after the birth.

Her goal is to determine the ideal time-point and blood level of Vitamin D needed during pregnancy to reduce the risk of poor respiratory health in a group of infants at high risk of asthma.



Dr Megan Jensen is investigating the association between maternal vitamin D and childhood asthma.

YOU CAN HELP PEOPLE MANAGE THEIR ASTHMA BETTER

Professor John Upham from the University of Queensland is studying how much and what type of exercise is best for people with asthma who want to improve their health.

Moderate exercise has been found to be anti-inflammatory, and many studies suggest that vigorous exercise may in fact worsen inflammation.

This vital research hopes to provide the knowledge needed for meaningful exercise guidelines to be developed, that include the ideal intensity of exercise to improve asthma.

“Funding from Asthma Australia enabled us to get started on the project investigating exercise and inflammation in people with asthma. We hope it will help people with asthma understand the importance of exercise as a part of their asthma management, and practical advice about the right amount of exercise.” – Professor John Upham



Professor John Upham is researching the relationship between exercise and asthma severity.

WHY INCLUDE A GIFT TO ASTHMA AUSTRALIA IN YOUR WILL?

Create a community free of asthma

- Fund research to better understand the causes of asthma
- Seek new treatments and cures
- Raise awareness of asthma in the community
- Support individuals to achieve their asthma management goals
- Help prevent asthma



1 IN 9
**AUSTRALIANS
HAVE ASTHMA¹**



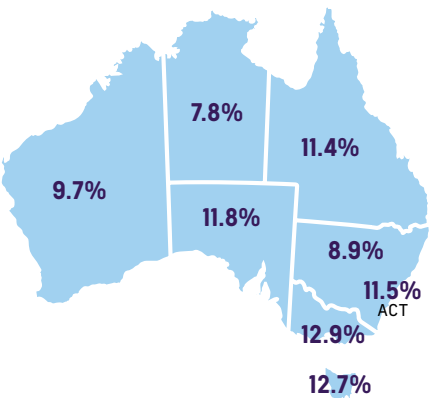
Around
31,000
Australians are hospitalised
for asthma each year²



474
Australians
die of asthma
each year³

10.8%
of Australians
have asthma¹

Persons (%)
State/Territory



1. Australian Bureau of Statistics (ABS). National Health Survey 2022: Asthma [Internet, cited 2024 Jan 2]. www.abs.gov.au 2. AIHW. Principal diagnosis data cubes. Separation statistics by principal diagnosis, 2020-21 to 2022-23. www.aihw.gov.au 3. ABS. Causes of Death, Australia, 2022 and 2023 data cubes [Internet, cited 2024 Nov 1]. www.abs.gov.au

**“I used to watch
my brother suffer”**



Shirley's story

Shirley Ashdown has chosen to include a gift in her Will for Asthma Australia in honour of her brother and her parents.

"My dad didn't get his asthma until he was about 50-55," says Shirley.

"They tried everything, you know, all natural things because the technology wasn't around then that there is today."

"He suffered chronic asthma and he had an oxygen cylinder beside the bed."

"He passed away in 1984, but we've come a long way since then."

"My brother, he's still with us. He's 75, and he had asthma right from when he was a child."

"That was really bad. I used to watch him suffer, you know, when he was 12, 13, and then it eased off for quite a while. He still used his inhaler. He's now 75. I would probably say 15 years ago, maybe even a little bit longer, his asthma came back with a vengeance."

"It was very difficult as a child actually, just watching him. I remember one time we were going down to Geelong to stay with family and he was sitting in the front seat of the car, just about turning blue because of the asthma."

Shirley hopes that her gift will be used to fund research into the causes of asthma and ways to prevent it.

THREE SIMPLE STEPS TO INCLUDING A GIFT IN YOUR WILL



STEP 1

Decide on the family, friends and organisations you would like to recognise in your Will.

STEP 2

Decide what type of gift you'd like to leave:

- **Residual gift** – leave the remainder or a percentage of your estate once family and friends have been provided for (many supporters choose to make this type of gift because it keeps its value over time). Even just 1% of your estate can change so many lives in the future.
- **A fixed specific gift** – such as real estate, shares or cash amount
- **Whole or part of your estate** – you can leave your entire estate or any part of your estate to Asthma Australia

STEP 3

Visit your solicitor to write or change your Will. Feel free to take with you the suggested wording for your will from our website:

bit.ly/asthma_australia_gift_in_will



To make sure your gift reaches Asthma Australia, please be sure to specify:

- The correct registered name: **Asthma Australia Ltd**
- Asthma Australia's ABN: **91 609 156 630**

HOW TO WORD YOUR WILL

I *(insert name here)* bequeath to Asthma Australia ABN 91 609 156 630 for its general purposes *(or name a specific purpose, such as research, advocacy, asthma management, asthma prevention)*

[Choose and insert the appropriate statement from the list below]

- 1** the whole of my estate
- 2** *(insert number)* percentage of my estate
- 3** the residue of my estate
- 4** the amount of \$ *(insert the value of your gift in cash)*
- 5** my *(insert name of asset)* free of all duties, and the receipt of the Secretary or other authorised officer for the time being shall be a complete and sufficient discharge for the Executor(s)

IF YOU ALREADY HAVE A WILL...

If you already have a Will and wish to add to it, you can prepare a signed and witnessed codicil (an additional page to your Will) that amends your existing Will to include a gift to Asthma Australia.

We recommend that you seek professional legal advice when preparing your codicil to ensure it does not contradict anything already in your Will and is legally binding.

For substantial amendments we recommend you make a new Will.

**WHEN YOU OPEN YOUR HEART
WITH A GIFT IN YOUR WILL,
YOU HELP THEM BREATHE**





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