

## BEREAVEMENT SUPPORT PROGRAM

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### **Support for End of Life Preparations in WA**

#### **CARER HELP**

Carer Help's website includes information about caring at home, managing symptoms, advance care planning and sorting out financial matters in the preparation for death. Carer Help have developed and run a module titled 'Preparing for Dying' and have a number of factsheets surrounding common experiences, emotions, and services for end-of-life preparations. Additionally, there are a number of videos surrounding preparation for death and after the loss of someone.

*Phone:* 08 7221 8233

*Website:* [www.carerhelp.com.au](http://www.carerhelp.com.au)

#### **MY AGED CARE**

My Aged Care has pages dedicated to preparing for end-of-life, end-of-life care, and caring for someone at the end of their life. An extensive list of tips from other carers can be found to both support the person you are caring for and help cope with your own emotions. These include but are not limited to; focus on what you can do, not what you can't, remember sometimes being there is all you need to do, and plan ahead to make it easier to cope through difficult times. For the complete lists, and more information see the My Aged Care website page. On this website, there are also links to the Department of Health and Ages Care, and Carer Gateway resources.

*Website:* [www.myagedcare.gov.au/caring-someone-end-of-life#planning-ahead](http://www.myagedcare.gov.au/caring-someone-end-of-life#planning-ahead)

#### **PALLIATIVE CARE WA**

Palliative Care WA offer multiple forms of support to assist with completing Advanced Care Directives and Advanced Care Plans. A range of community workshops are help in-person and virtually to explain advanced care planning, why it is important and how to access it.

To obtain individualised support with writing or revising your own advanced care plan, a free and confidential service is offered in a one-on-one situation, at a location suitable to you. An experienced professional from Palliative Care WA will assist you to ensure your choices are reflected in your plan.

*Phone:* 1300 551 704

*Website:* [www.palliativecarewa.asn.au](http://www.palliativecarewa.asn.au)

#### **MY VALUES**

MyValues is an online resource to assist in decision making on what to include in your advanced care planning, and highlight values with a report produced at the end of the process that can be shared with family or health professionals to guide decision making when you are unable to. Please note, this is not a legally binding document, and medical professionals are not bound to act in the interests of this document. It can be overridden by you at any time verbally, in writing or by revising it.

*Website:* [www.myvalues.org.au](http://www.myvalues.org.au)

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#### **SERVICE AUSTRALIA**

Services Australia has information about what documentation and preparations, including legal documentation, can be made to help honour someone's wishes after their passing. These includes a will to distribute your assets and property, intent to become an organ or tissue donor, and preferences for your funeral or other farewelling service.

*Website:*        [www.serviceaustralia.gov.au/what-to-organise-before-you-die?context=60101](http://www.serviceaustralia.gov.au/what-to-organise-before-you-die?context=60101)

#### **DEPARTMENT OF HEALTH**

Advanced Care Plans and Advanced Care Directives are important documents in assisting decision making around your preferences in treatments and health care provision, when you are unable to communicate these yourself. The Department of Health has information about what Advanced Care Plans and Directives are, when and how they are used, and how to write your own.

*Website:*        [www.health.gov.au/health-topics/palliative-care/planning-your-palliative-care/advance-care-planning#where-to-get-help-support-and-advice](http://www.health.gov.au/health-topics/palliative-care/planning-your-palliative-care/advance-care-planning#where-to-get-help-support-and-advice)