

Dying to Know Day 2022

Resources and Links

Death Literacy is “*the knowledge and skills that make it possible to gain access to, understand and act upon end-of-life and death care options*”.^[1]

It's the practical knowledge needed to plan well for end of life, for yourself or for people that you care for. The following website links will support you to act on end-of-life and death care options.

General

- [The Groundswell Project](#) works with individuals, organisations and communities to improve how people in Australia die, care and grieve. They started Dying to Know Day and have a comprehensive range of resources including videos, checklists and links to other organisations.
- [Your Final Checklist](#) is list of questions with a tick box next to each one. The categories are 'Your Documents', 'Your Loved Ones', 'Your Send-Off' and 'Everything else'.
- [Death Literacy](#) general information is available on the Canberra Health Literacy website.

Aged Care Services

- [Council of the Ageing in the ACT \(COTA ACT\)](#) have a service called Aged Care Navigators to help you find what you need in the aged care system.
- [Meridian](#) provides free, friendly and inclusive services supporting older LGBTI+ persons, carers, loved ones and allies to connect and navigate My Aged Care.

Advance Care Planning

- [Overview of Advance Care Planning](#) – Advance care planning (ACP) is a series of steps you can take to help you plan for your future health care. It prepares you and others for a time when you may not be able to express your own wishes for treatment and care.

- [Advance Care Planning Program ACT](#) – For free assistance with ACP in the ACT visit the [ACT Health website](#) or email acp@act.gov.au or phone 02 5124 9274. You can also organise an appointment (during lockdown only telehealth appointments are available).
- [Advance Care Planning Australia](#) provides links to all state and territory documents, a hotline for advice 1300 208 582 and many resources. There are resources in many languages.

Wills

- [ACT Law Society factsheet on Wills](#)
- [ACT Public Trustee and Guardian information on Wills](#)
- [Legal Aid ACT factsheet on Wills](#)

Enduring Power of Attorney and Guardianship

- [ACT Law Society Factsheet on Enduring Power of Attorney](#)
- [ACT Public Trustee and Guardian Power to Choose Booklet](#)
- [ACT Public Trustee and Guardian information on Guardianship](#)

Legal Advice for Older People

- [Older Persons ACT Legal Service \(OPALS\)](#) is a specialist service within Legal Aid ACT. OPALS provides legal help to older people in Canberra. They can help you with legal issues involving elder abuse, enduring powers of attorney, guardianship and financial arrangements with family members.

Carers

- [Carers ACT](#) have a range of resources available if you are caring for someone who is aged or frail.
- [Carer Gateway](#) provides in-person, phone and online services and support to Australia's 65 million unpaid carers. By calling 1800 422 737 Monday to Friday between 8am and 5pm, you can talk to a Carer Gateway service provider who will help you access services and support.

Palliative Care

- [Palliative Care ACT](#) provides information, support, train volunteers and advocate for quality palliative care services in the ACT.
- [The Palliative Caring Booklet](#) helps by explaining what is involved, to better equip carers to make informed decisions
- [Leo's Place](#) is a non-clinical day or overnight respite for someone with a life-limiting illness.
- [ACT Government Palliative Care Services](#)
- [Hospice in the ACT](#) is run by Calvary ACT.
- [Palliative Care Resources for Health Professionals](#) through ACT Health who offer palliative care resources and training programs for health professionals.

Voluntary Assisted Dying

Voluntary Assisted Dying (also known as voluntary euthanasia) is illegal in the ACT.

- [End-Of-Life Law Australia](#) has information on the laws and legal process around Voluntary Assisted Dying in each state.
- [Go Gentle Australia](#) is a health promotion charity advocating for greater empowerment around end-of-life. They share resources on Voluntary Assisted Dying, end-of-life planning and trauma.

Funerals and Death Walkers (Doulas)

- **Death Doula/Death Walker:** *A death doula provides the dying and their family with support, guidance and companionship as they move from diagnosis and end of life care, through to death and bereavement.*
- [Questions to ask a Funeral Director.](#) Not many people expect to organise a funeral. This website provides a list of questions to ask a Funeral Director.
- [Funeral Homes in the ACT.](#) Palliative Care ACT lists many of the funeral homes available in the ACT. If you would like a not-for-profit service in the ACT, there is Tender Funerals at tenderfunerals.org
- [Tender Funerals'](#) website links to a range of resources on funerals. You can also watch the Australian Story episode [A Community Undertaking here.](#)

Grief

- [Services that offer grief counselling and support in the ACT](#)

Practical things to consider after someone dies

- ACT Health has developed a guide called [When Someone Dies: A Practical Guide for Family and Friends](#). It includes contacts, checklists and key information to help you find support and put their affairs in order. For a hard copy, contact [Palliative Care ACT](#) or email the ACP team at Canberra Health Services acp@act.gov.au

For the LGBTQIA+ community

- [Meridian](#) offers a wide range of community-focused wellbeing services.
- [Meridian](#) provides free, friendly and inclusive services supporting older LGBTI+ persons, carers, loved ones and allies to connect and navigate My Aged Care.
- [Meridian](#) also operates a community space appropriate for Queer-friendly wakes.

For the Culturally and Linguistically Diverse (CALD) Community

- [Health Translations](#) is an initiative from the Victorian Government of Australia. Health Translations link to multilingual resources published by government departments, peak health bodies, hospitals, and community health and welfare organisations. You can search for end of life and dying resources on their website.
- [The Multicultural Communities Council of Illawarra \(MCCI\)](#) has Advance Care Planning information and videos in a range of community languages.
- [Palliative Care ACT](#) provides information about Palliative Care [in community languages](#).