



Healthy End of Life Plan

Individuals and Families



The Healthy End of Life Plan | Individuals and Families is also available as the HELP App.

Your guide to social health and support for end of life care



With a Healthy End of Life Plan, your family, friends and neighbours will know how they can help. It makes it easier for people to support you when they have a clear idea of what you need and when you need it. And importantly, what you don't need!

What is a Healthy End of Life Plan?

It can be so hard to accept help during extended periods of illness or caring, even when we need it. Even though illness can make us feel like retreating, it's so beneficial to stay connected.

Our social supports and communities respond at times when we can accept help. Most people want to help, but don't know how.

Your Healthy End of Life Plan can help you to put things in place to make the most of all the personal and social

networks around you. Some of these you may not even realise are there.

You might find it helpful to ask a close friend or relative who understands your support needs and can help you to put your Healthy End of Life Plan in place.



'It never occurred to me to ask them ... though if one of them asked for my support, I'd do it in a heartbeat, I'd do anything to help them.'

Three steps for The Healthy End of Life Plan | Individuals and Families:



Identify what's needed

PAGES 4-7

- Support with care and day-to-day living
- What's important when I'm sick



Identify who can help

PAGE 8

Make a list of all the available, and potential support on offer - including the people, services and resources around you. Are there any unmet needs in your care plan? Are there people who might appreciate being in your support network?



Create and action your Healthy End of Life Plan

PAGES 9-11

Put your plan in place. Think about who you would like to share your Healthy End of Life Plan with and invite people to use it. Are you missing any additional support you require?

Personal and/or Family Needs

Assistance so you can keep on top of your personal and/or family needs.

List your tasks here and how frequently they need doing:

| Task | Frequency |
|--|---------------------------------|
| <i>e.g. medical, beauty, personal appointments, kids' pickups, faith needs</i> | <i>e.g. every second Sunday</i> |
| | |
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| | |

Enjoyable activities that lift your spirits and bring you joy!

Fun activities are an essential part of life and are especially important when you are experiencing illness or caring for someone. What are the things that bring joy to your life, that people may choose to spend time with you doing together? These are the things, big or small, that help you to feel good and give you the boost you need, so that you can 'keep going'.

List your fun activities here and how often you like to do them:

| Task | Frequency |
|---|--------------------------------|
| <i>e.g. going to the movies, your hobbies, yoga classes, time in the garden etc</i> | <i>e.g. Tuesday afternoons</i> |
| | |
| | |
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| | |

'Unlocking your own support networks might also help a friend or neighbour to unlock theirs.'



What's important when I'm sick?

When we are sick, our worlds can feel small, but we still have important things to experience and contribute.

One way we can express our needs is by listing some things we like to do. Be specific. Don't assume people know.

If you're caring for a person who is unable to communicate, draw on your memories and shared stories. Ask yourself, what makes the person smile, feel joyful or at peace?

Identify what you would like:



To Say, Do & Contribute

(For example: unfinished business, getting together to plan, visit special places, message or write to people, write down my life story)

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.....
.....
.....



To See

(For example: people, view, garden, flowers, familiar things, favourite items, shows, faith leader, art, GP, palliative care service, pets)

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.....
.....



To Hear

(For example: music, family talking, friends laughing, children playing, silence, prayer, household noises)

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.....



To Feel

(For example: warm, comfortable, clean, free from pain, the touch of loved ones, massage, at peace, comfort of my bed, home comforts, animal companions)

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To Taste

(For example: favourite foods, flavours and beverages)

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To Smell

(For example: perfume, essential oils, hot chips, baking, fresh air, forest, the garden, the ocean)

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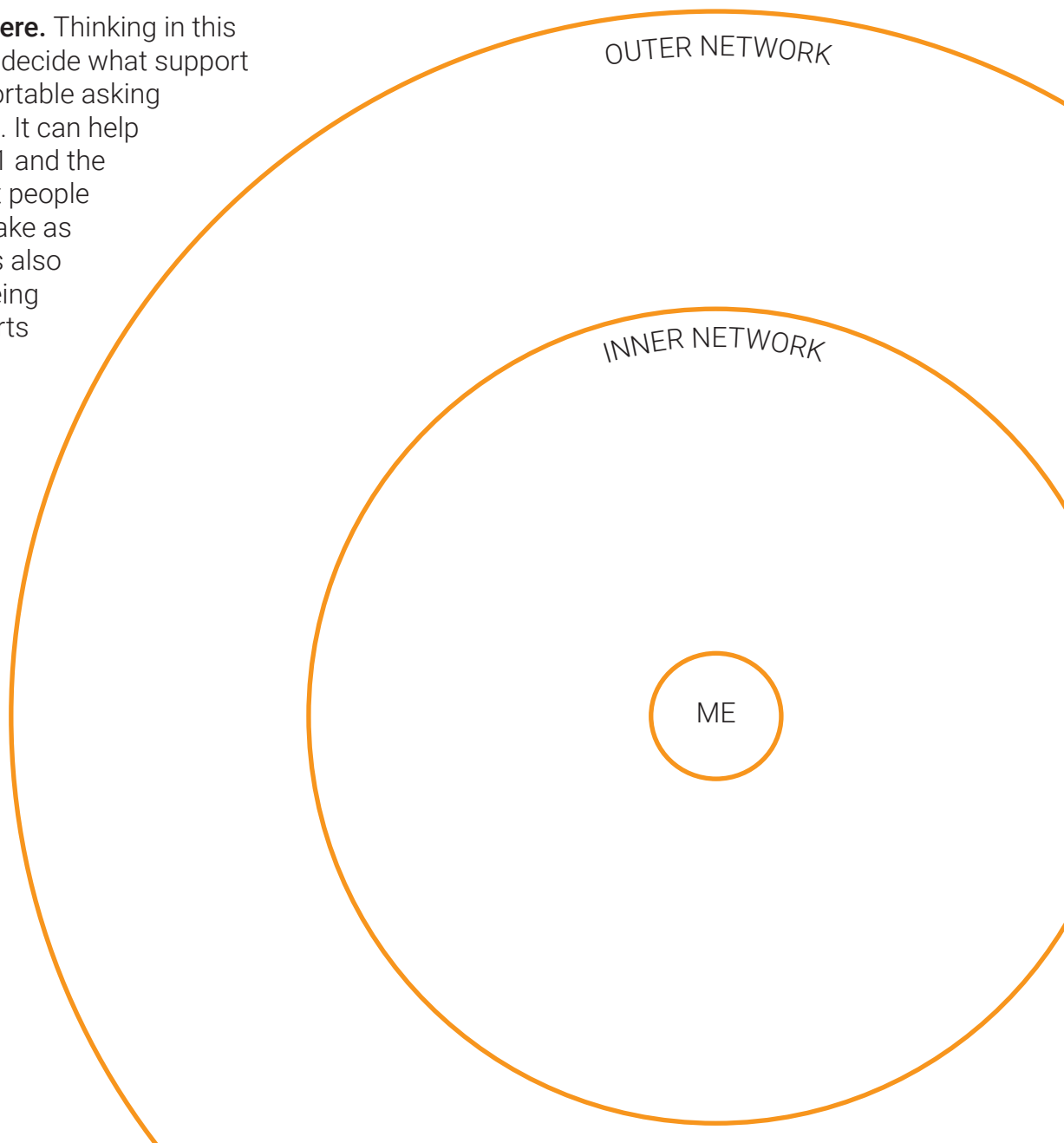
‘Smell is a potent wizard that transports you across thousands of miles and all the years you have lived.’
– Helen Keller



STEP 2: Identify who can help

In this step, you make a list of all the people in your life that already do, or could potentially play a role (big or small) in your life and in your care. These could include family, relatives, friends, neighbours, colleagues, social groups, your GP, community nurse, specialist, support worker, community and faith groups etc.

List your people here. Thinking in this way might help to decide what support you may be comfortable asking of different people. It can help to reflect on Step 1 and the different roles that people could potentially take as you create this. It's also quite powerful seeing our closest supports on one page.



To help you work out which circle to include people in, ask yourself this question:

“Who would I be comfortable with seeing me in my pyjamas?”

- Prof. Debbie Horsfall, Western Sydney University



STEP 3: Create and action your Healthy End of Life Plan

In this Step, your responses from Steps 1 and 2 come together, to start actioning your Healthy End of Life Plan. It may be that your care needs will change over time. Make this list to get you started. You can keep coming back to it as your needs evolve. For more guidance, see the following pages.

Our Healthy End of Life Plan

| Day of the Week | Activities | Who / Contacts | Frequency |
|-----------------|------------|----------------|-----------|
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Sunday | | | |
| Monthly jobs | | | |
| Occasional jobs | | | |

Steps to help you get support with your tasks, do some of the things you love and spend time with people who matter.

(You may wish to use a pencil, or make photocopies of the blank schedule, so that you can update it as your needs change.)

- Draw up your weekly or monthly schedule, including details for when you need assistance with particular tasks
- Match up people from your social networks with tasks, and schedule them in for specific times
- Fill in the gaps. Explore community organisations, clubs and support groups and discover other forms of support
- Your plan may include people helping with special wishes, contributions or unique experiences such as art, massage, or music. You may make a new friend, or bring an old friend close again!

Example Healthy End of Life Plan:

| Day of the Week | Activities | Who / Contacts | Frequency |
|-----------------|------------------------------------|---------------------|--|
| Monday | Dog walking | Bruce/Mobile number | Weekly 5pm |
| | Shopping | John | Weekly 11am |
| Tuesday | | | |
| Wednesday | Peace Day/Quiet Day | Beth | Coffee/gardening club |
| Thursday | Mowing | | Fortnightly |
| Friday | Cleaning – vacuum, mop & bathrooms | Faye & Kate | Weekly (Sam & Alice will alternate weekly) |
| Saturday | Take kids to netball | Mary | Weekly 9am |
| Sunday | Peace Day | Respite session | |
| Monthly jobs | Fire wood/weeding/day out respite | Libby | Once a month |

Further guidance on creating and actioning your Healthy End of Life Plan

As your Healthy End of Life Plan takes shape, you may find that while some needs can be met, others may be beyond the scope of your networks.

Some strategies for filling in gaps are an important part of your plan:

- Review your networks for further options. Is there someone who has offered to help, but you haven't yet taken up the offer?
- Start to make connections with community support and services
- Local Council, neighbourhood centres, local service groups and community hubs keep directories of services that can offer assistance.

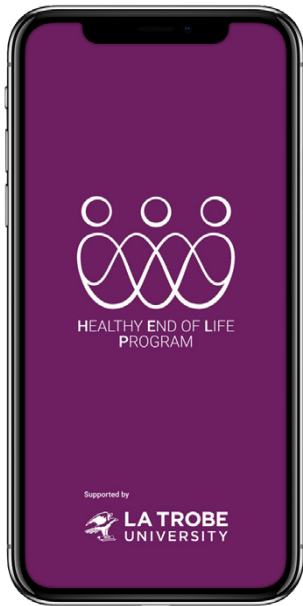
Now that you've got a Plan, you can decide what you need and where you might find support, on your own terms.

Remember that your networks represent connections with people who are willing to support you, in the same way as you would do for them.

By setting down the basis for your Plan, you have a starting point that can easily be adjusted as your support needs evolve.



Remember, life rarely stays the same, so the most useful plans are flexible and open to change.



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Visit the Apple or Google Play store. Search for "Healthy end of life" and download it to your device.



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