

The HELP App

for people with age-related issues and life-limiting illness

A simple way to build support and connection



HEALTHY
END OF
LIFE
PLANNING



Palliative Care
Australia
Matters of life and death

- ☒ 10-minute call or text
- ☒ Milk/bread/pickup mail
- ☒ Short dog walk
- ☒ Watering pot plants
- ☒ Lift to GP/chemist
- ☒ Cuppa 

"Small things help a lot. Even a text or short call is wonderful. Thank you for being part of my circle."

"At first, I was hesitant, I didn't have many friends. But HELP showed me how – and my circle grew..."



Ideas for building more support

Widen your circle for company and care:
Transform “light touch” interactions into
practical support and connection with

- The neighbour who waves everyday
- The man from my lunch group
- The lady who’s been cutting my hair for 12 years
- That young mum I see at the library every week
- The work friend from 20 years ago who lives interstate



“I’m using the HELP App to organise a few small things while my health is a bit up and down - simple tasks people can opt into, or not (e.g., online word game, bread run, short walk). May I include you? Totally fine to decline.”

Joyce, 78

The HELP App

Download: search for healthy end of life planning