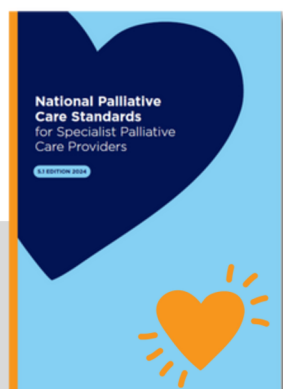
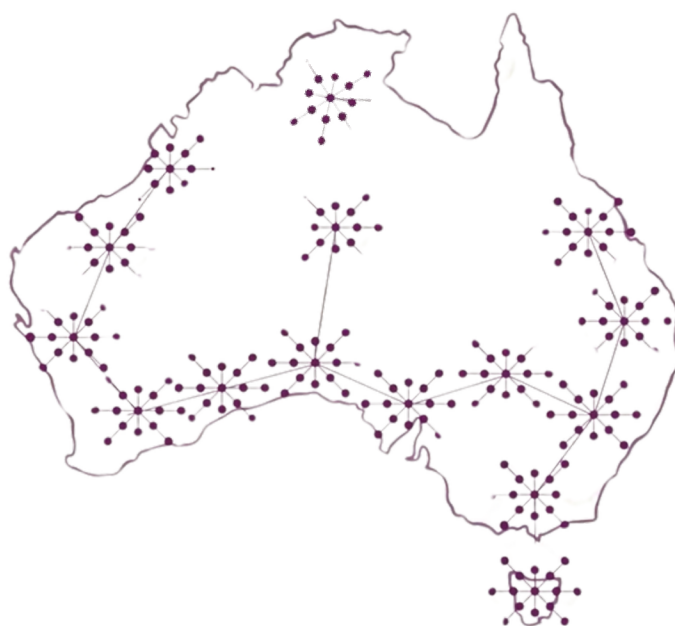


Healthy End of Life Planning Brief Intervention Training

La Trobe University's National Palliative Care
Social Prescribing Service Model and
Network-Centred Care Approach



Palliative Care Australia
Matters of life and death



Checklist

WHAT?

Confidently '**prescribe**' **social support** through the HELP App for people with life-limiting illness and their families and friends.

HOW?

We know that people are more likely to ask for and accept support from their family and friends when encouraged to do so by a trusted professional.

1

Tell patients and carers that organised support from your friends and family is **as** important as medical care.



2

Encourage asking for and accepting help, ask them if anyone has said "*let me know if I can help?*". Ask them who *they* would help if needed.



3

Tell them about the HELP App, and help them get started if you can;

- download the Healthy End of Life Planning App
- sign up and invite people
- add tasks



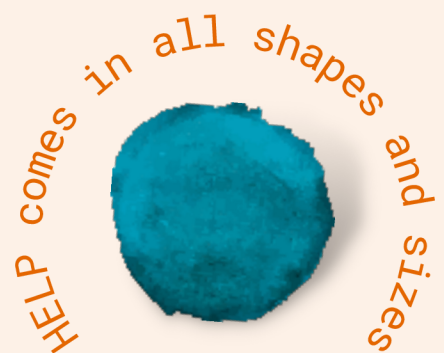
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Give patients, clients and carers these resources:
The HELP App User Guide, QR code Conversation Starter and HELP App Research Information sheet.

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101 ways to HELP at the end of life

add your ideas here

"I'd do it in a heartbeat ..." she said, "I'd do anything to help them ... we're like family." Beth



inner circle



outer circle

Mapping your social networks

Questions to prompt network-centred thinking!

- Has anyone said to you “Let me know if I can help”?
- Is there someone well positioned to coordinate the network for you? A good organiser, a cousin, close friend, or adult child?
- Who might I be comfortable with seeing me in my pyjamas? These people are probably in your inner circle; often close friends and family.
- Who do you spend time with face to face, online, over the phone etc on a regular basis? Think about friends and family, but also neighbours, people you connect with at work, church, sport, hobbies, kids schools etc.
- Who else is important to you but you may only see once per year? Who lives far away and cannot contribute in-person? These people can do things like order online shopping, contribute information, comfort and connection via the HELP App.



What
surprised
you about
mapping
your own
networks?

What was
helpful?

Was it
harder or
easier
than you
thought?

What did
you learn
that you
might use
with your
clients
and
families?

Simple statements to begin social prescription:

“Now that we’ve talked about the services we provide, we need to spend some time talking about the support you will need from family and friends as a part of your care plan.”

“Your support network will help you get through this time. It is as important to your well-being as your healthcare.”

“Let’s think outside the box about your social supports, not just close family and friends, but also neighbours, colleagues and other people you know and trust.”

“I know you don’t want to be a burden, but we know from the research that people don’t see ‘helping’ as a burden, they want to support you but don’t always know how to.”

“Has anyone said, “let me know if I can help?” Let’s start there”.



Social prescribing works best when...

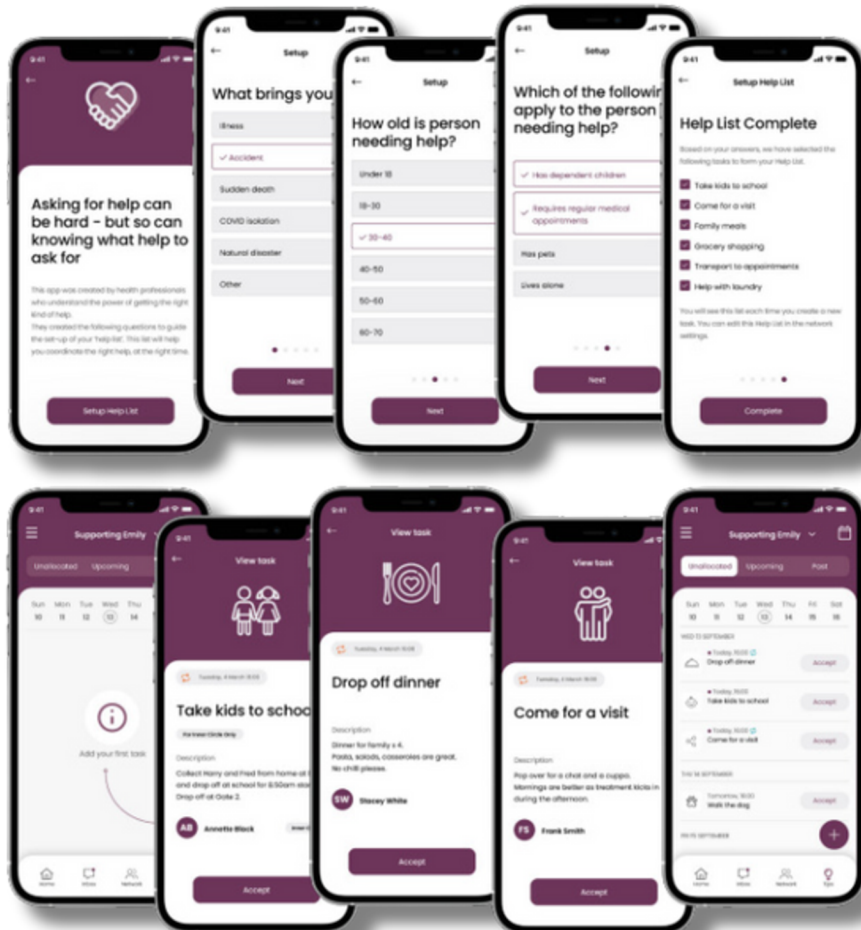
...patients and carers are encouraged by their health professionals to ask for and accept support from their friends and family.

...social support is a regular part of routine treatment and care planning.

...equal value is placed on the role of social networks as formal medical care.

...some facilitated support is provided - get them to name a few things they would like support with and identify a few people they could ask. Get them to download the Healthy End of Life Planning App during your appointment.

...clear expectations are provided for what your service can do, and what you cannot i.e. dog walking, meal preparation and quality connections.



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