

HELP




HEALTHY
END OF
LIFE
PROGRAM



Simple steps for organising support and staying connected with family and friends

Healthy End of Life Planning resources for people with serious illness, age-related health issues, and their carers

- Mary**
10-minute call or text chat
- Jonas**
Milk/bread/pickup mail
- Sam**
Short dog walk
- Mai-Lee**
Water pot plants
- Arthur**
Lift to GP/chemist
- Mai-Lee** 
Cuppa

"I get so many people saying 'let me know if I can help'. Having a plan to show people makes a big difference"
Joy, 68



IT CAN BE SO HARD TO ASK FOR AND ACCEPT HELP.

I want to help, but I don't know if I am intruding

Most people want to show their care at this important time, but often they don't know how and don't want to get it wrong.

With guidance from the HELP program, your family and friends will know how they can best support you.

It is easier when they have a clear idea of what you need and when you need it.

I like being able to look at what is needed to see how I can help when I can



Scan the QR code with your phone or tablet camera to access HELP

Healthy End of Life Plan | HELP

Day	Task or Activity	People	Frequency
Fridays	10-minute call or text chat	Mary	weekly
Any day	Milk/bread/pickup mail	Jonas	when he goes to the shops
M, W, F	Short dog walk	Sam	weekly
Any day	Water pot plants	Mai-Lee	Fortnightly
Thurs	Lift to GP/chemist	Arthur	Next week
Any day	Cuppa	Mai-Lee	Fortnightly

