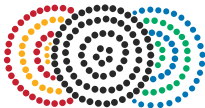






PalliativeCare
AUSTRALIA



CATSINaM
CONGRESS OF ABORIGINAL AND TORRES
STRAIT ISLANDER NURSES AND MIDWIVES



Disclaimer

Palliative Care Australia (PCA) thanks The Conversation Project and the Institute for Healthcare Improvement in Boston, MA, USA. Their Conversation Starter Kit is in many ways the inspiration for this resource. Any resource provided by PCA for the purpose of the 'Dying to Talk Campaign' is strictly informative and should not be considered as legal advice or legally binding. None of the resources provided by PCA for the purpose of the 'Dying to Talk Campaign' should be considered as a substitute for the prescribed or recommended 'Advance Care Plan' forms of each State or Territory. PCA makes every effort to ensure the quality of information provided however will not be liable for any loss or damage suffered by any person arising in connection with any information provided. All information provided is general in nature. For additional information relating to advance care planning, please speak to your health professional for advice about your specific circumstances, including the legislative requirements in your State or Territory, or visit the Advance Care Planning Australia website www.advancecareplanning.org.au or call the advisory service on 1300 208 582, 9am - 5pm (AEST) Monday to Friday.

Acknowledgment

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These Dying To Talk cards can be used to help someone talk about their wishes and preferences for their care at the end of life.

Talking in advance can reduce stress at the time of a serious illness and can help your family to make decisions about your care if you can no longer make them for yourself.

The cards have been designed to be used with a health worker, but can also be used by an individual or group.



Instructions: One on one

1. Give your patient a set of cards.
 2. Ask them to place the cards into three piles: very important, somewhat important and not important.
 3. Ask them if there is anything important to them that's not listed on the cards. Use the blank cards to write these down.
 4. Ask them to focus on the very important pile and choose 3 – 5 cards that are the most important to them.
 5. **Option A:** Ask them to write down on a piece of paper why the cards they chose are the most important and what each one looks like to them.
- Option B:** Ask them to talk about the cards they chose and why.

Instructions: Groups

1. Follow Steps 1 – 4 from the one on one instructions.
2. **Option A:** Ask them to write down on a piece of paper why the cards they chose are the most important, and what each one looks like to them. Encourage the group to share their answers.

Option B: Create smaller groups of 2 – 3 people. Encourage group members to talk about the cards they chose and why.

Ideas for health workers

You might like to:

- Record any notes that accompany this activity in your patient's file.
- Write down some locally specific or commonly shared wishes on the blank cards.
- Use the 'Discussion Starter' to support this activity.

Visiting country



A family meeting with my
doctor or health worker



A legal will or an emotional
will in place



Access to fresh air



Being able to feed myself



Being active and independent
for as long as I can



Being an organ and tissue donor



Being cared for in the place
of my choice



Being informed about my illness and treatment



Being with family and friends



Choosing how and where
I am buried



Dying on country



Ensuring my family
are supported



Ensuring my family know
my end of life wishes



Following my cultural, religious
or spiritual practices



Going on a holiday



Having my funeral on country



Making sure my loved ones
know what I want



Making amends with someone



My family being
informed about my illness
and treatment



My favourite music playing



My pain and symptoms managed



My pets with me



Not being a burden
on my family



Not being alone



Not being connected
to machines



Not being in intensive care (ICU)



Not being resuscitated



Not being short of breath



Not having breathing tubes



Quality of life



Receiving all available
treatments, even if they
make me feel sick



Reducing stress for my family



Saying goodbye to family
and friends



Talking about my fears
and worries



To be involved in making
decisions about my care

