



**PalliativeCare**  
AUSTRALIA

# Media Release

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## **TV show highlights the need for Aussies to start talking about dying**

Australians avoid the topic of death and dying, but a new show on the ABC might spark a few more necessary conversations among family and friends, says Palliative Care Australia (PCA) CEO Liz Callaghan.

“My Last Summer is a confronting look at the realities of dying, but it deals honestly with the challenges people with life limiting illness and their families face.

“Social isolation, fear, managing myriad medical appointments and drug regimens – dying can be stressful - but it is certain.

“It’s my sincere hope that Australians watching this show will start talking to their family and friends about death and dying. About how they want to die and what kind of care they want to receive,” she said.

My Last Summer follows five terminally ill patients facing their final months of life. It brings them together three times over a six month period to talk about their experiences of care, reactions of family and friends to their diagnosis and how they intend to manage their illness.

Ms Callaghan said while the television format means the show builds on drama, it still illustrates many of the issues faced by the dying and their carers.

“We had a number of comments on our Facebook page about the show. Patients and health professionals felt it touched the right nerve and reflected their experience.

“I encourage Australians to think about an advanced care plan, talk to your family about your funeral, discuss grief and your experiences of it. You only have to do it once and then the people who care about you will know what you want.” Ms Callaghan said.

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