



Media Release

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Palliative Care Australia wins Marion Seal Award

Palliative Care Australia's National Policy Manager, Philippa Kirkpatrick, was awarded best abstract at the Advance Care Planning National Conference in Melbourne today.

In honour of one of Australia's leading exponents of advance care planning, the 2016 Annual Marion Seal Oration was awarded to Ms Kirkpatrick for her presentation about PCA's Dying to Talk initiative.

The award, judged by a peer review panel, encourages developments that are most likely to lead to improved practice and outcomes in advance care planning. The conference was hosted by [Advance Care Planning Australia](#).

Ms Kirkpatrick says the Dying to Talk Discussion Starter can be used as a prelude to advance care planning.

"We developed the Dying to Talk Discussion Starter in response to the lack of planning of many Australians for their end-of-life care.

"The Discussion Starter includes simple activities that have been developed to encourage people to reflect broadly what care best aligns with their values. It asks people what is really important to them, like being with their family or pets, or the physical location of their care. It then provides tips for talking about these preferences with their family," Ms Kirkpatrick said.

A national survey commissioned by PCA found that most Australians want to talk about their end-of-life care wishes, but only a fraction of them actually have the conversation.

"Our survey earlier this year found that while 82% of Australian felt it was important to talk to their family about how they would want to be cared for at the end of their life, only 28% had done so. In addition only 4% of respondents reported having an advance care plan.

"My hope is that the Dying to Talk Discussion Starter will make more people talk to their loved ones and health professionals about their end-of-life care. Then people are more likely to get the care they want, and to have the best possible quality of life, right until the end of their life." Ms Kirkpatrick said.

Find out more at www.dyingtotalk.org.au

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