



Media Release

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Minister for Health Launches Online Dying to Talk Resources

Palliative Care Australia (PCA) is making it easier than ever for people to record their care wishes for the end of their life by launching two new online resources today.

The online Dying to Talk Discussion Starter and Card Game will be officially launched today by Minister for Health Greg Hunt at the National Palliative Care Week Parliamentary Lunchbox in Canberra.

PCA CEO Liz Callaghan says after the positive reaction to the printed Dying to Talk Discussion Starter last year, people wanted an easy way to complete it online and share it with their loved ones and healthcare team.

“Over 15,000 printed Dying to Talk Discussion Starters have been distributed throughout Australia to support people to work out what they would want towards the end of their lives. The online version will enable many more Australians to easily record and share what is most important to them,” Ms Callaghan said.

PCA’s national survey found that while 85 per cent of Australians believe that it is important to have a conversation with family about the care they would like to receive at end-of-life, only a third of people surveyed have actually had the discussion.

Further, 83 per cent of Australians feel that it is important to put their end-of-life wishes in writing, however only 21 per cent have done this.

“We know that if people can talk about what type of care they would want, they are more likely to receive it when the time comes,” Ms Callaghan said.

PCA CEO Liz Callaghan says the resources will help bridge that gap and guide people to take action.

“Despite knowing what they want at end-of-life, some people find it hard to actually express their wishes and have the conversation,” said Ms Callaghan.

“The online discussion starter and card game is an easy, interactive and accessible way for all Australians to work out what is most important for them at end-of-life.”

PCA CEO Liz Callaghan says the national survey found that 35 per cent of people who hadn’t talked to their loved ones said the topic made them uncomfortable.

“These tools support you to work out what would be most important to you and how to raise the subject with your loved ones,” Ms Callaghan said.

The online card game includes an Aboriginal and Torres Strait Islander specific deck to provide culturally appropriate options such as visiting or dying on country.

“After you input your answers you can download, print or e-mail them to yourself, making it easy to share your wishes with your loved ones, carers or healthcare professionals.”

The resources can be accessed at www.dyingtotalk.org.au

Both online resources were funded by the Department of Health.

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palliativecare.org.au

