

31 July 2015

Dying to Know Day

South Western Sydney Local Health District has highlighted the importance of advance care planning as part of Dying to Know Day (8 August).

Dr Chris Shanley from the Aged Care Research Unit at Liverpool Hospital said the day aimed to make it easier for people to talk about dying and to accept death as an important and normal part of life.

“Dying to Know Day is a national day of action to bring death in out of the cold. It aims to change attitudes about how people deal with death, dying and bereavement, and to encourage people to support each other at the end of life,” Dr Shanley said.

“Understanding, acknowledging and discussing our wishes for future care - including at the end of life - will make it easier for us and our loved ones to deal with these issues when they happen.

Dr Shanley said he hoped the day prompted people to :

- Make their end of life plans such as a will and advance care plan
- Share these wishes with their families
- Get informed about end of life and death care options such as dying at home, home and community led funerals and natural burial
- Be better equipped to support family and friends experiencing death, dying and bereavement.

“Understanding and experiencing another’s death has become foreign for many people as more and more people die in hospital – often in intensive or high dependency care.

“We need to support people to acknowledge and discuss their wishes for their future care – including toward the end of life,” he said.

For more information, visit the information stall in the main foyer of Liverpool Hospital from 10am to 2pm on Monday 3 August.

Dying to Know Day is an initiative of the not-for-profit organisation The Groundswell Project. South Western Sydney Local Health District supports Dying to Know Day as part of its commitment to improving care at the end of life for people in the local area.

For details visit <http://www.thegroundswellproject.com/dyingtoknowday>