

# Healthy End of Life Project (HELP)

## ENGAGEMENT RESULTS

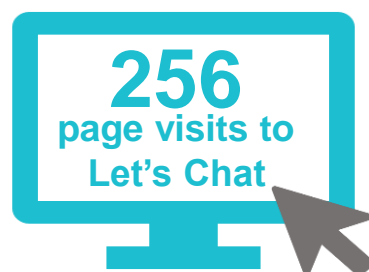
### What we heard...

Shellharbour City Council partnered with La Trobe University and Palliative care NSW to undertake a Healthy End of Life Project (HELP). The Project that was funded by COORDINARE - South Eastern NSW PHN ran between January and June 2022.

The HELP aimed to create opportunities for collaboration and networking within our community, to:

- Identify barriers to asking for and providing help and looking at ways to change this.
- Explore current and potential assets in the City who could be more involved in supporting the community around end of life.

Throughout the life of the project various stakeholder groups were contacted via survey, workshop, newsletter, email, death café and social media. Take a look at some of the things we heard in our surveys on the next page.





# You told us...

The most helpful parts of an end of life journey are:



Palliative care nursing staff and doctors



Aged care and in home care

The least helpful parts of an end of life journey are:



Not having access to information



Not enough community conversation

The community wants more:



Local Services



Support for family and carers

# Top takeaways...

The top things the community said

**69.23%** of respondents want to end of life addressed more in the community.



The majority (79.17%) of respondents said they **are comfortable** talking about death or dying.

The most helpful service according to respondents (96%) is **palliative care** when facing end of life.



“The Palliative care team is an asset in end of life care. They are very experienced and manage all aspects including nursing medical and equipment requirements” Contributor ID 8025