



PalliativeCare
VICTORIA

**& DIGNIFIED
RESPECTFUL
DECISIONS**

Dignified and Respectful Decisions Partner Toolkit



Dignified and Respectful Decisions

About the program

The Dignified and Respectful Decisions project provides information and resources for families supporting older Australians living in aged care homes. The program encourages families to have more collaborative conversations with aged care teams and aims to help improve living and dying in residential aged care.

The project is a Palliative Care Victoria initiative designed to support family decision-makers to be better equipped to make more informed treatment and care decisions and is aimed at ensuring residents without decision-making capabilities are provided the respect, dignity, and compassion they deserve.

The Dignified & Respectful Decisions project is made possible via funding by the Commonwealth Department of Health and Ageing, and the Victorian Government Department of Health as part of the Comprehensive Palliative Care in Aged Care Measure.

Our Project Goals

Respecting wishes

Providing guidance for families to advocate for their loved ones and make decisions that fit with their family member's wishes and preferences.

Working collaboratively

Supporting families with information and resources to have more informed conversations with aged care staff and health professionals.

Vital education

Helping people understand the benefits palliative care can have on a person's quality of life and how it can be provided within the aged care home.

Supporting wellbeing

Helping individuals emotionally prepare for their role as a decision-maker and support them with resources to look after their own well-being throughout the journey.

Dignified and Respectful Decisions

Key Messaging

The project is a Palliative Care Victoria initiative designed to support decision-makers to better understand their role, be better prepared for what's next, and better navigate conversations around caring for loved ones without decision-making capabilities.

We support decision-makers to build valuable knowledge that enables them to recognise good quality end-of-life care and engage in more collaborative conversations with aged care teams.

The resources provide decision-makers with information that supports advance care planning and promotes having conversations with the nursing and medical team about their family members goals of care. The information helps them recognise when a palliative approach to treatment may be required and provides strategies for maintaining emotional wellbeing.

Our holistic approach to palliative care provides comfort that considers a person's physical, psychological, spiritual, and cultural needs.

Across Victoria, The Dignified & Respectful Decisions program partners with aged care homes, palliative care services, hospital in-reach services, palliative care consortiums, dementia support groups and other care services.

Together, we help support decision-makers to help deliver loved ones the respect, dignity, and compassion they deserve throughout every stage of the end-of-life and dying journey.

Dignified and Respectful Decisions

Campaign Resources

The campaign website includes the opportunity to download practical resources. These resources are provided here for you to share with families and substitute decision-makers to support them to be better prepared to carry out their role in what can be a difficult and unpredictable journey. Additional free printed resources and promotional materials are available to partners upon request.

Being a Family Decision Maker Booklet



[Download Being a Family Decision Maker booklet \(PDF\) - English](#)

Coming Soon

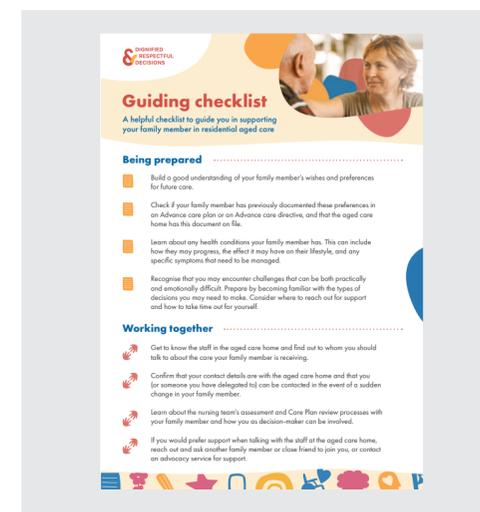
[Download Being a Family Decision Maker booklet \(PDF\) - Chinese - 简体中文](#)

[Download Being a Family Decision Maker booklet \(PDF\) - Italian - Italiano](#)

[Download Being a Family Decision Maker booklet \(PDF\) - Greek - Ελληνικά](#)

[Click here to download the full set](#)

Guiding Checklist



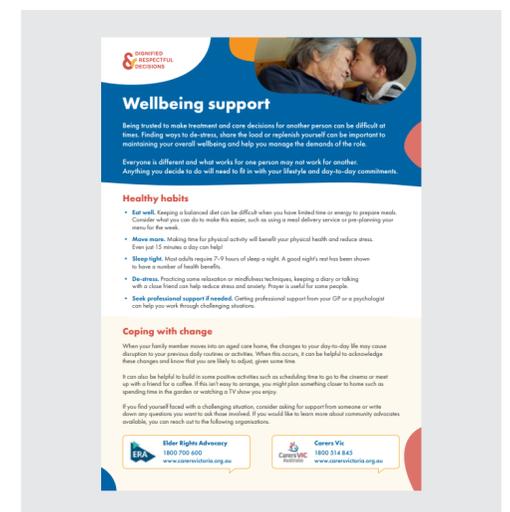
[Download Guiding Checklist \(PDF\)](#)

Program Poster



[Download Program Poster \(PDF\)](#)

Wellbeing Support Tip Sheet



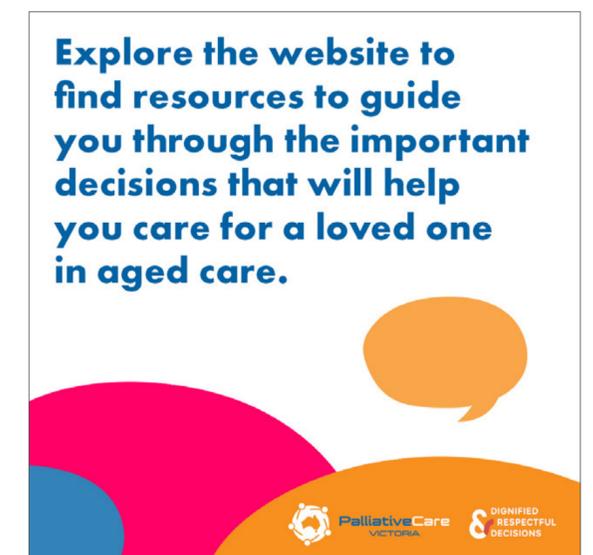
[Download Wellbeing Support Leaflet \(PDF\)](#)

Dignified and Respectful Decisions

Partner Social Media Tiles

Download and use our supporter tiles to share on social media.

[Click here to download the full set](#)



Dignified and Respectful Decisions

Sample Partner Emails

As a passionate supporter we encourage using your email newsletters to connect with your community. To assist, we have provided suggested text and images to include in your email newsletter.

Sample email to health professionals

We've partnered with the Dignified and Respectful Decisions, a project developed by Palliative Care Victoria to empower families with loved ones in aged care to build effective partnerships with aged care teams and make informed end-of-life decisions.

The program provides information and resources to support advance care planning and guides decision-makers to engage with nursing and medical teams when reviewing goals of care. The program also helps families with loved ones in residential aged care recognise when a palliative approach to treatment may be required and provides strategies for maintaining emotional wellbeing.

Together, we're helping support decision-makers to deliver loved ones the respect, dignity, and compassion they deserve throughout every stage of the end-of-life and dying journey.

Visit pallcarevic.asn.au/dard

Sample email to community/decision-makers

Caring for someone living in residential aged care, who can no longer make decisions for themselves, can be one of the hardest, yet most rewarding things we can do with our lives.

We've partnered with Dignified and Respectful Decisions, a project developed by Palliative Care Victoria to empower families with loved ones in aged care to build effective partnerships with aged care teams and make informed end-of-life decisions.

The program educates family decision-makers about the processes, preparations and resources available to guide them through the last stage of a person's life. Resources include information on how to prepare practically and emotionally, guiding checklists, wellbeing support information, advice on how to work collaboratively with the doctors and palliative care team, and contact to relevant support organisations.

Be prepared as a family decision-maker. Visit pallcarevic.asn.au/dard



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