

The Caring Circle project aims to improve the health outcomes and end-of-life care journey of people living with a life-limiting illness (non-cancer) in rural and remote Victoria, through embedding early advance care planning and integrated patient-centred palliative care strategies.



- Palliative care is a journey from diagnosis to death. It is not just about your last days.
- Advance care planning is about YOU discussing and recording some plans for your future health. So that those caring for you have a clear understanding of what you do and don't want.
- It is estimated only 1 in 4 Australians have an Advance Care Plan¹.
- Only 14% of Australians die in their preferred place in their own home².
- Advance care planning eases the burden on your family and friends when decisions must be made about your health

1. Advance Care Planning Australia, 2020

2. Broad, J. et. Al, 2013



- What treatments would I not find acceptable when death is inevitable?
- What is an acceptable quality of life to me? What would this look like?
- Who do I want close to me when my time comes?



Sharing what you want is important; don't assume your doctor and family know your wishes. The best time to have these conversations is as early as possible.



Write down your wishes in your advance care plan.
(UNSW, 2022)

