

10. Contacts and Advocates

Death and Dying Matters

These information sheets have been created to demystify some beliefs and misconceptions around dying, death and funerals. They are designed to inform and empower individuals as well as communities, by providing practical information to help make better decisions and more considered choices in relation to end of life matters. This is not anything new, rather a return to a traditional approach, where families and friends are involved at every stage. Choices may be influenced by culture, beliefs, community, finances or sustainability issues.

These sheets may assist you to:

- better understand what is involved in the process of dying, death and bereavement
- participate more fully in any of the stages
- complete the relevant and important legal paperwork
- talk to others about your or their wishes and needs
- clarify your or their instructions around dying and after death
- create a more meaningful funeral to honour and celebrate a life
- have an easier and healthier bereavement

Preparation and pre-need

➤ Plan for a good end of life (TED talk)

<http://us1.campaign-archive1.com/?u=07487d1456302a286cf9c4ccc&id=f2f2da567b&e=b92b571e23>

Judy MacDonald Johnston helped two beloved friends make a plan for living out the end of their lives the way they wanted to. In this short personal talk, she shares 5 key lessons she learned along the way, on medical planning, caregiving, communication, and the simple reality that we all need to talk about this.

➤ Health talk online

http://www.healthtalkonline.org/Dying_and_bereavement/Living_with_Dying

This website lets you share in other people's experiences of health and illness. As part of their work they interviewed 41 people and one carer about their experiences of living with a terminal illness.

➤ Planning Ahead Tools

<http://www.planningaheadtools.com.au>

Planning Ahead Tools has information, tools and resources for **Wills, Powers of Attorney, Enduring Guardianship and Advance Care Planning in NSW.**

➤ Why you need a will

<http://www.youtube.com/watch?v=KINuGsHVR98>

Assistance for carers and people who are dying

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➤ **Petrea King - Quest for life Foundation**

<http://www.questforlife.com.au>

A residential programs in Bundanoon and in rural, regional and metropolitan areas around Australia to empower people with the skills to confidently face their challenge, whatever it may be. People leave our programs with practical strategies for living well in challenging circumstances and for finding meaning in the midst of life's unexpected events.

➤ **Caring for the Dying**

http://dying.about.com/od/thedyingprocess/a/care_143_dying.htm

Being a caregiver for someone with a chronic or life-limiting illness is stressful, exhausting and at times confusing – while usually quite rewarding, as well. Once the ill person starts the dying process, the task becomes more demanding and the emotions more intense. You may find yourself wondering if you're doing the right thing, saying the right thing, even thinking the right thing.

➤ **Caring for the Dying – Michael Barbato**

<http://caringforthedying.iinet.net.au/index.html>

Looking after a very sick or dying loved one brings unknowns to most of those who embark on the journey. This hand book guides you through each stage, detailing the sometimes difficult and challenging aspects of personal hygiene care, maps out how the process of deterioration may manifest, explains what analgesia be required and why, lists unexpected pitfalls which may occur as well as charting the flatter plateaus of this terrain, which sometimes may seem to go on forever.

➤ **Palliative Care**

<http://palliativecare.nsw.org.au/site/about-palliative-care/>

The World Health Organisation defines palliative care as “an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.

➤ **National Palliative Care – Service Directory**

<http://pallcare.gky.com.au/c/pc?a=apps&ap=bd>

Palliative Care Australia has developed the National Palliative Care Service Directory to assist the community and health professionals access information about palliative care services, primary care services providing care at the end of life and a range of other services providing support to people with life limiting illness.

➤ **LifeCircle – Hopeline – Telephone Support**

1300 364 673

Telephone counsellors offer you the chance to think through your own issues and help you come up with strategies that will make it easier for to you get more out of your life at this critical time.

Telephone support volunteers have all survived a life-threatening illness or cared for someone who did. Volunteers are professionally trained, and have empathy, experience and understanding.

➤ **LifeCircle – eMentoring**

1300 364 673

Feeling overwhelmed or uncertain about what is involved in caring for someone who is dying?

LifeCircle can help with support and guidance by matching you with a volunteer mentor who has had personal experience of caring for a loved one. Mentors are able to answer questions you have, help you to access practical support from family, friends and community services and prepare for the future. They are there for you for as long as you need them, including after bereavement. Your mentor can meet with you face to face or provide support via phone.

➤ **Commonwealth Carer Respite and Carelink Centre**

1800 052 222

<http://www9.health.gov.au/ccsd/index.cfm>

➤ **Green Burial Council**

<http://www.greenburialcouncil.org>

➤ **Canteen**

1800 226 833

<http://www.canteen.org.au/default.asp?menuid>

Developing and empowering young people living with cancer, and their families

➤ **Lifeline**

131114

Confidential telephone counselling

➤ **Natural Death Care Centre**

<http://naturaldeathcarecentre.org>

This is a non profit information, advice and referral centre for empowering and educating on all aspects of end of life. They see death as a natural and sacred part of life, based in Byron Bay, and have vast experience. Healthy and growing movement of people and organisations who are working for a more natural and empowering approach to death, dying and disposal of the human body.

➤ **Tender Funerals – a community undertaking**

<http://www.pkcp.org.au>

Tender Funerals aims to work with families, the community and palliative care to develop a model of continual care through each stage of the dying process including after death care. The project will seek to realign the care of our dead with the changing values of our culture. There is a desire within the community for a more sustainable, affordable and meaningful funeral practice, which builds communities of support and skill while facilitating an authentic experience.

➤ **WRAPPING UP**

<http://www.wrappingup.com>

WrappingUp.com is designed to provide comfort and confidence through clear, easy to understand information and identification with a community of like-minded individuals. WrappingUp.com is a social network and a one-stop-site about the one experience all of us will go through.

➤ **Men's Line**

1300 789 978

<http://www.mensline.org.au/Home.html>

Men's Line Australia is a professional telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way.

➤ **Community Transport**

(02) 8836 3189

For information about community transport funded services

➤ **Volunteer Services for Carers – Carers NSW**

1800 242 636

<http://www.carersnsw.asn.au/>

Further Reading

- **The Intimacy of Death and Dying** – Clare Leimbach, Trypheyne McShane, Zenith Virago
- **Midwiving Death** – Michael Barbato
- **Caring for the Living and Dying** – Michael Barbato
- **Dying Well: a Holistic Guide for the Dying and Their Carers** – Richard Reoch
- **Funeral Rights** – Robert Larkin

Speak to a care support worker- just call or with your consent a referral can be made by your GP, case manager, support worker or friend.

➤ **Cancer Help Line**

131120

http://www.cancervic.org.au/how-we-can-help/cancer_council_helpline

Using a unique database of resources, helpline staff can connect you with cancer support groups and other community resources. Each contact is confidential and calls can be anonymous.

➤ **Leaving Lightly Coffins**

<http://cardboardcoffinsaustralia.com.au/contactus.html>

Cardboard coffins are manufactured according to Australian Industry Standards. The environmental benefits are obvious as they are made from recycled materials and are biodegradable.

➤ **The Handwoven Casket Company**

(02) 65553500 or 0418 241 233

http://www.handwovencaskets.com.au/contact_the_hand_woven_casket_company.html

➤ **Destitute funerals**

http://www.legalanswers.sl.nsw.gov.au/guides/wills_estates/destitute_funerals.html

A destitute person is a deceased person with no money or assets and whose friends and relatives are unable to pay the cost of the burial or cremation. Although there is no legal obligation on next of kin to arrange for or pay for the funeral of a deceased relative, they are obliged to provide personal details of the deceased to the funeral director so that the death can be registered. If no next of kin are available, any person may give this information (for example, hospital staff from Clinical Records).

➤ **Karuna**

<http://www.karuna.org.au/home.htm>

Karuna offers a strength based model of care to minimize fear and pain for people who are dealing with the loss of life. Karuna's services are linked to the times in life when people are most likely to be seeking answers and care either for themselves or others. These include situations where lives are limited by illness, when facing death or dying, when grieving and when seeking meaning in life.

➤ **Bereavement Care Centre**

1300 654 556

<http://www.bereavementcare.com.au/>

Counselling for families, children and people living with a life limiting or terminal illness.

➤ **Redfern Legal Centre – Your rights online: who pays for the funeral?**

<http://www.rlc.org.au/other/factsheets/09funeralexpenses.html>

➤ **Green Cemeteries**

<http://www.greencemeteries.com.au/>



Natural Death
Care Centre



The Natural Death Care Centre and Tender Funerals are both not-for-profit organisations based in NSW, committed to informing, educating and empowering individuals, communities, and medical and health professionals. We have a natural, holistic and respectful approach to dying, death, disposal, ceremony and bereavement.

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