8 Improving your staff's confidence with end of life

To support the important work of aged care staff in caring for people at the end of life, ELDAC is releasing a series of free resources as part of campaign called **My Care Matters**.

9 Supporting you to care for older people from diverse population groups

The ELDAC website contains resources to support you to care for people from **Diverse Population Groups** including:

- Aboriginal and Torres Strait Islander peoples
- Care Leavers
- Carers
- Culturally and linguistically diverse
- Financially or socially disadvantaged
- People experiencing homelessness
- Lesbian, gay, bisexual, transgender and Intersex
- Rural and remote
- People with spirituality and faith
- Veterans

10 Connecting you to the news

Sign up to the **ELDAC newsletter** or connect with us on social media:

- ELDAC.agedcare
- eldac-aged-care/
- ELDAC_agedcare
- ELDAC

ELDAC
End of Life Directions for Aged Care

eldac.com.au
Email: eldac.project@flinders.edu.au

QUT · Flinders University · UTS

Palliative Care Australia · Ageing Australia · ahha australian healthcare & hospitals association · Catholic Health Australia

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ELDAC
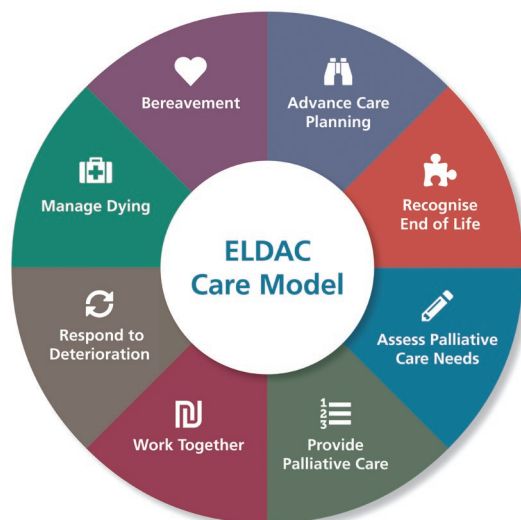### End of Life Directions for Aged Care

10 ways ELDAC can help you

Visit the ELDAC website for free palliative care and advance care planning resources for people working in the aged care sector.

eldac.com.au

1 Helping you to organise your care

ELDAC provides a framework for thinking about palliative care in aged care. The eight areas that make up the **ELDAC Care Model** are essential to providing care at the end of life. The ELDAC Care Model forms the basis of many of our toolkits and resources.

ELDAC Care Model wheel: Bereavement, Advance Care Planning, Recognise End of Life, Assess Palliative Care Needs, Provide Palliative Care, Work Together, Respond to Deterioration, Manage Dying

2 Connecting you to evidence-based resources

ELDAC Toolkits are a collection of free and evidence-based information, resources and tools.

ELDAC's eight toolkits are developed by experts from a range of practice settings and topics. These toolkits are relevant to the provision of palliative care and advance care planning in aged care:

- Home Care
- Primary Care
- Residential Aged Care
- Allied Health
- End of Life Law
- Linkages
- Dementia
- Managing Risk

3 Upskilling your staff through education

The ELDAC website contains links to online resources for educators and managers to facilitate learning and meet staff learning needs.

Resources include a suite of **Toolkit Educational Videos** to support staff with areas including:

- Recognising end of life
- Assessing palliative care needs
- Working together
- Managing Dying
- Organisational support
- After Death Care and Bereavement

RESIDENTIAL AGED CARE TOOLKIT — Assess Palliative Care Needs

4 Focusing on self-care

Working in aged care is rewarding, but it can also be stressful and emotionally exhausting, placing you at risk of burnout. Practicing self-care can help to increase your resilience to burnout.

The online **Self-Care Room** contains free information, tips and resources for aged care workers and organisations to help you care for yourself.

5 Supporting home care workers with end of life

ELDAC has built the free **Home Care App** with support from the home care workforce to help aged care workers to care for their home care clients at the end of life. The app includes resources to support the care worker and the client and their loved ones.

Home Care App

6 Using your existing data to track and improve your care

The **ELDAC Digital Dashboard** can be embedded into your aged care organisation's IT system to help aged care managers to track key palliative care and advance care planning indicators using your existing data.

The Digital Dashboard can support by:

- Showing what is happening at the client, manager and organisational levels
- Providing triggers and prompts for care
- Assisting in reporting and/or benchmarking

7 Connecting you to local service experts

ELDAC has a team of facilitators who will assist, support and enable health and aged care workers to provide best quality care for older Australians and their families at the end of life via the **ELDAC Linkages Program**.

The facilitators are working with sites across Australia to help aged care facilities to find, learn from, and work with experts in their local area.