



End of life is a normal part of life.

Why should we think about end of life as a normal part of life?

While health care is helping us to live longer and better quality lives, there is no cure for death. Eventually every person who lives will also die. Therefore, death is a normal part of life.

Why is it important to normalise death in aged care?

Most Australians die in older age – 66% of us die aged 75 years or older. The older we get, the more likely we are to be receiving aged care services or living in a residential aged care facility. Therefore, many older people receiving aged care services are likely to be nearing the end of their lives.

How can I help normalise death in my workplace?

Many people avoid talking about death and dying, even when it is happening right in front of us. Here are some actions you can take to show that end of life is a normal part of life in your workplace:

- Notice when people feel comfortable using words like 'death' and 'dying' and when they use other words to talk about the end of life.
- Talk about end of life with your colleagues as it is a part of the care you provide.

Join the conversation!

Find out more about the My Care Matters campaign and how you can get involved on the ELDAC website.