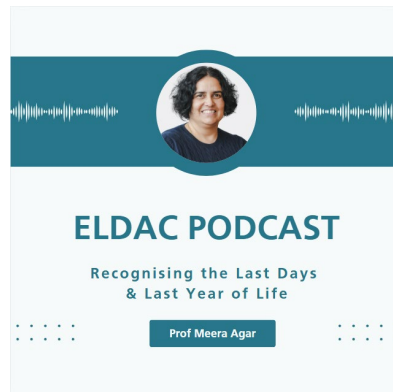


ELDAC Podcast: ‘What to Do When and How’



Episode 1: Recognising the Last Days and Last Year of Life (17 mins)

Learning Objectives:

1. How to explain the term ‘end of life’ when providing care to older people.
2. Recognise signs that indicate the older person is in the last 12 months of life.
3. Outline key considerations for when the older person is in the last days of life.

Episode Guest: [Prof Meera Agar](#)

Prof Meera Agar is a Professor of Palliative Medicine, IMPACCT, University of Technology Sydney and a practising palliative medicine physician in South Western Sydney. Meera is also the current Board Deputy Chair for Palliative Care Australia.

Helpful links:

1. [Recognise End of Life - Residential Aged Care](#)
2. [Respond to Deterioration – Home Care](#)
3. [Recognising the last months of life - CareSearch](#)

Disclaimer:

End of Life Directions for Aged Care (ELDAC) is funded by the Australian Government Department of Health, Disability and Ageing. ELDAC supports quality palliative care and advance care planning for older people receiving aged care services. The views expressed on this podcast are solely those of the hosts and guests and do not necessarily reflect the opinions of any other entity. Please use your discretion when making decisions based on information heard on this podcast.