

What is ELDAC?

End of Life Directions for Aged Care (ELDAC) is a project that seeks to improve the care of older Australians through palliative care connections and advance care planning activities. The ELDAC project is funded by the Australian Government Department of Health and Aged Care. It is being delivered by a consortium that brings together three universities and four national bodies from aged care, palliative care and primary care.

The project seeks to promote changes enabling a reduction of avoidable hospital admissions, with shortened stays, and improved quality of care for people supported in residential and community aged care programs.

What we are doing

ELDAC focuses on five streams of work to support the provision of quality care in aged care:

1. Capacity building through access to resources including toolkits that support evidence-based practice.
2. Improved care and service provision through building and embedding technology applications into aged care.
3. Continuing education and learning pathways for aged care.
4. Service and sector development through local and regional partnerships between aged, primary and specialist palliative providers.
5. Developing resources to promote community-wide change in recognition of the important role of palliative care in aged care.

ELDAC is building on existing work. It is using the evidence developed for palliAGED and the expertise of Advance Care Planning Australia.

What is Palliative Care?

Palliative care is 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.

What is Advance Care Planning?

Advance care planning promotes care that is consistent with a person's goals, values, beliefs and preferences. It prepares the person and others to plan for future health care, for a time when the person may no longer be able to communicate those decisions themselves.

What is an ELDAC toolkit?

Toolkits are a collection of information, resources and tools around a particular topic or practice area. They can help users to develop a plan and organise their efforts to follow evidence-based recommendations or practices.

The ELDAC toolkits each look at an important area dealing with palliative care or advance care planning in aged care. They provide a pathway for users to access meaningful and practical materials they can use when providing care to older Australians.

ELDAC's toolkits include:



Primary Care Toolkit



Home Care Toolkit



Residential Aged Care Toolkit

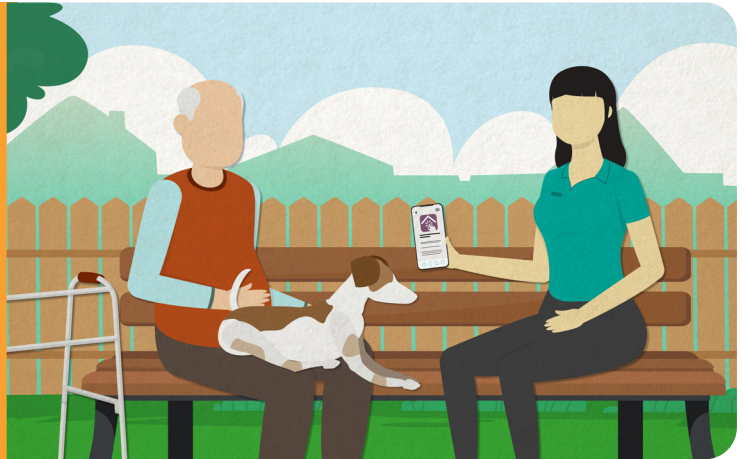


End of Life Law Toolkit



Linkages Toolkit

Home Care App: helping you to care for your clients as they reach the end of life.



Caring for older people at the end of life is an important part of aged care. Care workers provide support and assistance to older Australians living at home and can continue to be involved with clients, their carers and families through to the end of life.

The ELDAC Home Care App has been co-designed with the help of care workers and care worker managers and with the support of aged care stakeholders and home care providers.

The app has been designed to be easy to use and will help care workers to be more confident and comfortable when having difficult conversations and managing care issues when a client is approaching the end of life.

Guidance within the ELDAC Home Care app is based on practical and evidence-based information to support care workers to care for clients, their carers, and families as their needs change.

The ELDAC Home Care App can support care workers across these areas:

- Plans for end of life
- Has something changed?
- What should I say?
- When someone is dying
- Supporting carers and families with their grief
- Looking after yourself.

Download the ELDAC Home Care App for free or find out more on the ELDAC website.



**ELDAC
Home Care App**



Why is working together important to ELDAC?

Providing the best possible palliative care for older persons in your care doesn't happen by chance. You can achieve more through working together when using an established, reliable partnering framework.

The ELDAC Linkages Toolkit has been created to help you create partnerships between aged, primary and palliative care services.

It takes you through the processes to establish and implement an effective and sustainable partnership, by guiding you through:

- Identifying whether partnering with other services might be a helpful approach;
- Engaging with other services to lay the foundations for partnership;
- Planning the goals and activities of the partnership and how services will work together;
- Implementing the activities of the partnership so you can make the changes you have identified;
- Evaluating how well the partnership is achieving its goals;
- Sustaining the outcomes of working together.



By working in partnership, aged care, primary care and specialist palliative care providers can give the best possible care to older Australians at the end of life and produce results they couldn't have alone.

The toolkit provides you with resources and links to other sites where you can find out more about partnering. It can be used in conjunction with the other ELDAC toolkits or as a stand-alone resource.

What is the ELDAC Care Model?

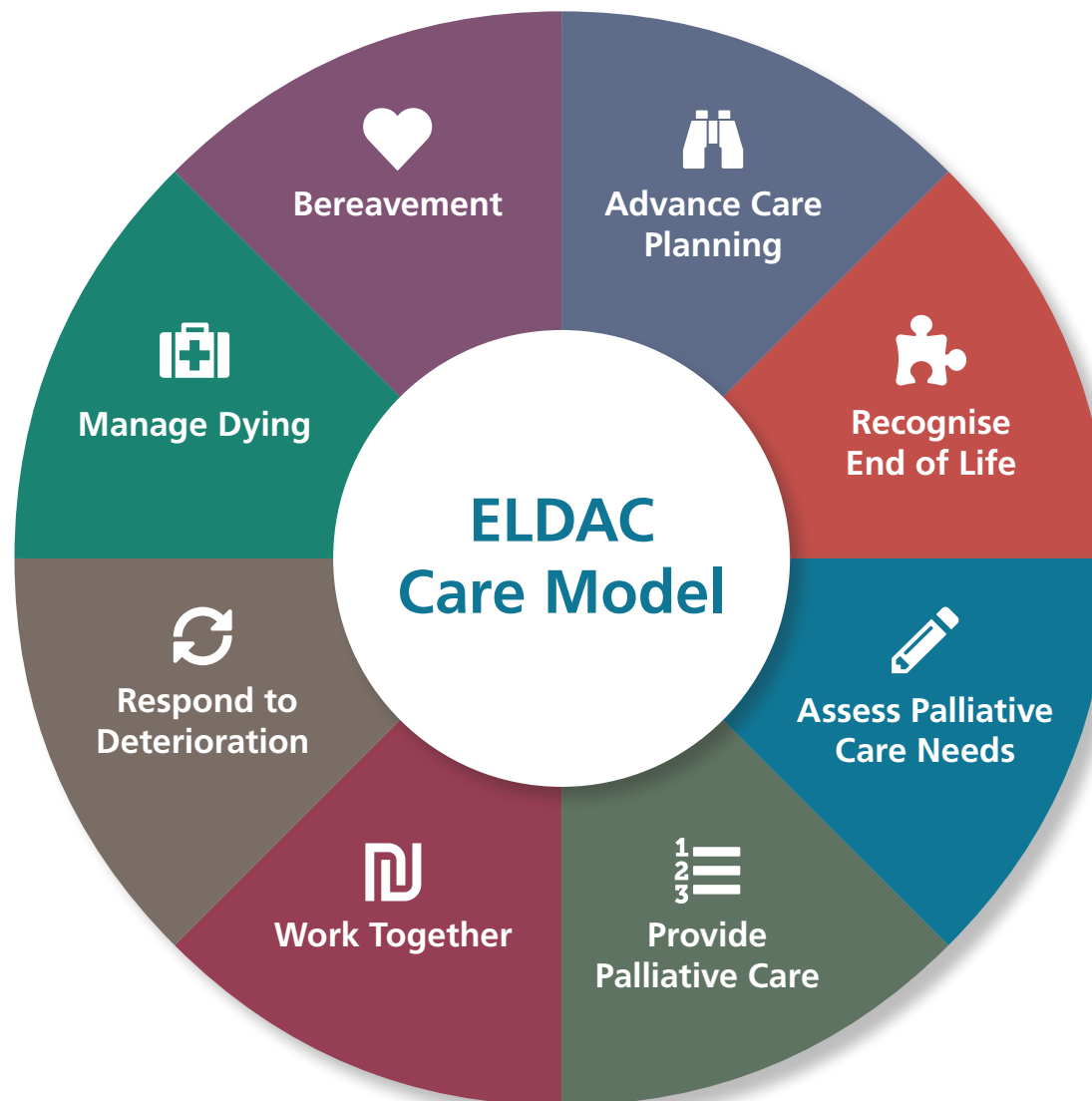
The ELDAC Care Model is a guide to help aged care staff and health professionals meet the needs of older Australians coming to the end of their life. It reflects national policies and practices in palliative care.

How can I use the ELDAC Care Model?

The ELDAC Care Model can help you determine:

- whether a person is approaching the end of their life
- how to plan and deliver care for a person
- how a person's care needs might change over time
- what resources would be useful for you in providing care
- whether you have education or learning needs.

Information about each of these eight domains and related resources are included in the ELDAC website, www.eldac.com.au. Good places to start are the Home Care, Primary Care and Residential Aged Care toolkits.



ELDAC Common Clinical Tools

ELDAC has identified 12 clinical tools that can be used when providing care for older people at the end of life. Find out more about the Common Clinical Tools on the ELDAC website, www.eldac.com.au.

Assess Palliative Care Needs

Physical Needs

General **Symptom Assessment Scale (SAS)**

Measure severity of distress of the following symptoms: (1) Difficulty sleeping; (2) Appetite problems; (3) Nausea; (4) Bowel problems (5) Breathing problems; (6) Fatigue; and (7) Pain.
*Download via the ELDAC Clinical Tools page

Dyspnoea **Modified Borg Scale (mBORG)**

Assess difficulty of breathing in a person able to communicate verbally or point.

Nutrition **Mini-Nutritional Assessment Short-Form (MNA®-SF)**

Identify an older person who is malnourished or at risk of malnutrition.

Pain **Modified Resident's Verbal Brief Pain Inventory (M-RVBPI)**

Assess pain multidimensionally in a person able to communicate. This can be undertaken weekly or at longer intervals.

Pain **Numerical Rating Scale for pain (NRS)**

Assess pain intensity in a person able to communicate verbally or point.

Pain **Abbey Pain Scale**

Measure pain in a person with dementia who cannot communicate verbally.

Recognise End of Life

General

Supportive and Palliative Care Indicator Tool (SPICT)

Identify a person whose health is deteriorating for palliative care assessment and care planning.
*Requires free registration for access.

Pain

Verbal Descriptor Scale (Pain Thermometer)

Assess pain intensity in a person able to communicate verbally or point, including a person with moderate to severe cognitive impairment.

Psychosocial Needs

Delirium

Confusion Assessment Method (CAM) – Shortened version

Identify a person with delirium.

Anxiety or Depression

Kessler Psychological Distress Scale (K10)

Measure psychological distress.

Depression

Cornell Scale for Depression (CSD)

Assess depression in a person with or without cognitive impairment.
*See page 10 of the ACFI Assessment pack

Caregiver Needs

Caregiver Needs

NAT-CC – Needs Assessment Tool for Caregivers

Identify areas of concern for someone providing care to a person living with a chronic condition.

ELDAC PaCE Aged Care

PaCE Aged Care is an online directory of educational resources specifically produced for aged care. The online directory can support the development of palliative care capabilities for your aged care team by providing access to a suite of free learning and teaching resources.



Comprehensive Resource Directory:

- PaCE Aged Care houses nearly 200 high-quality resources developed by National Palliative Care Projects.
- Each resource listed in PaCE Aged Care contains details on learning outcomes, duration, certifications, capabilities, filters, and keywords.
- The online directory is free to use, and all learning resources within the directory are free to access.

Enhanced Search Experience:

- Resources have been reviewed and richly attributed with tags and keywords, improving the accuracy of search results.
- Use filters to narrow down and focus your search, creating a smaller set of resources that meet your needs.
- The online directory provides prompts that guide your search journey, making it simple to find the resources you require.

Accessibility and Maintenance:

- PaCE Aged Care is accessible on all devices, including smartphones, tablets, and desktop computers.
- The online directory has been developed and maintained by the Palliative Care Education and Training Collaborative at Queensland University of Technology (QUT).

Find PaCE Aged Care in the 'Service Development' section of the ELDAC website.