

# Last Days.

Navigating death and dying

## Knowing what to expect

Dying is a normal part of life, but many of us are unprepared for what happens and the practical steps to take after losing someone we care for.

### Creating space to talk openly about dying

Last Days is a program to equip you with practical knowledge and tools to navigate the last days of someone you care for.

Last Days helps you understand what's ahead when someone is at the end of their life, creating space for open conversations about their wishes and preferences and giving you practical knowledge to help you plan and prepare.

Last Days is delivered as online or face-to-face workshops and includes Last Days Dementia, to support people living with dementia.

### Join a Last Days online workshop

**When:** Tues 12th Dec 2023

**Time:** 10:00am - 1:00pm

**RSVP:** Wed 6th Dec 2023

The workshops are facilitated by HammondCare and will be delivered by South Eastern NSW Primary Health Network under the Greater Choice for At Home Palliative Care Measure funded by the Department of Health and Aged Care.

### You will learn

- What to expect and the role of palliative care.
- What a “good death” might look like for the individual/families and carers and the choices we have.
- How to have conversations about dying and plan for what's ahead.
- Practical information to assist with getting affairs in order.
- Possible care choices and support available as we near death.
- How grief and loss can impact individuals and support available.
- Common rituals, rules and regulations around death.



Find out more  
and register



[www.url.to.go.here](http://www.url.to.go.here) or scan above

This program is supported by

