

? Why ELDAC matters?

ELDAC provides a framework for thinking about palliative care in aged care.

The project can help by providing you resources and tools to build your skills, knowledge and confidence in end of life caregiving. ELDAC can also support aged care services to improve palliative care processes using tailored quality resources, toolkits, digital technology tools.

? What we are doing

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

- **Capacity Building:** Using toolkits to improve practices.
- **Tech Integration:** Bringing new technology into aged care.
- **Education:** Providing ongoing learning.
- **Service Development:** Forming healthcare partnerships.
- **Community Awareness:** Raising awareness about palliative care.

💡 Key knowledge

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.

Tailored resources and tools to support:

- **Primary Care**
- **Home Care**
- **Residential Aged Care**

Free information, guidance, and resources for:

- **nurses / aged care staff/ advisors**
- **care workers**
- **services**
- **individual carers**

Evidence-based

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

Partners



What is the ELDAC Care Model?

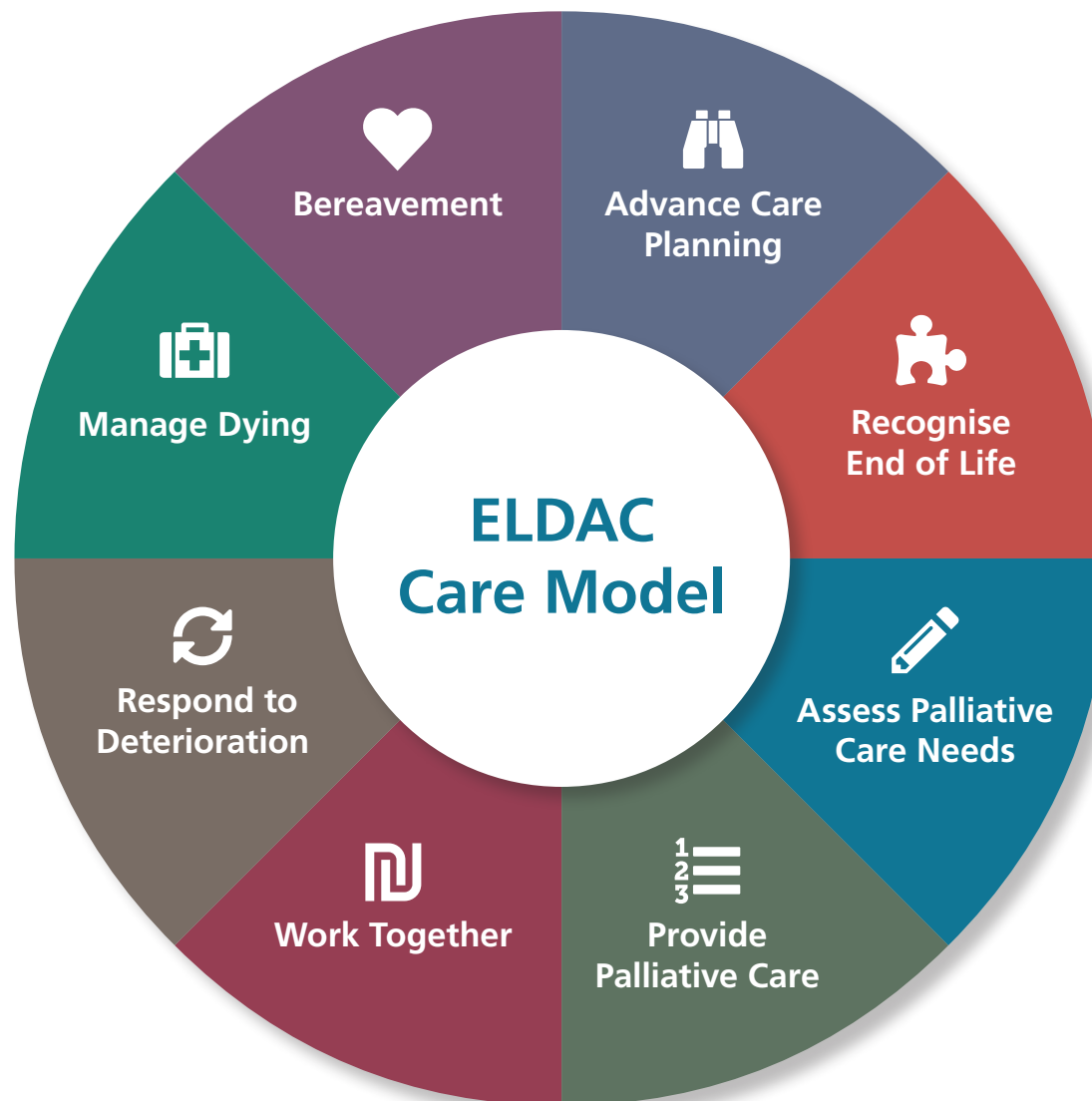
The ELDAC Care Model is a guide to help aged care staff and health professionals meet the needs of older Australians coming to the end of their life. It reflects national policies and practices in palliative care.

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.



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.

ELDAC Toolkits provide a pathway for users to access meaningful and



Primary Care Toolkit



Home Care Toolkit



Residential Aged Care Toolkit



End of Life Law Toolkit



Linkages Toolkit



Dementia Toolkit



Allied Health Toolkit



Managing Risk Toolkit

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.com.au

Email: eldac.project@flinders.edu.au



ELDAC is funded by the Australian Government Department of Health and Aged Care

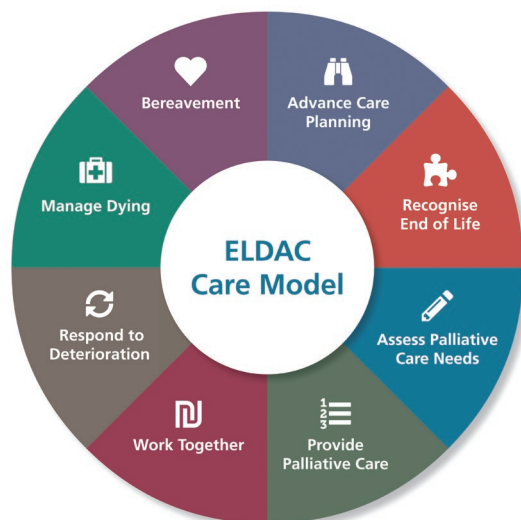


Visit the **ELDAC website** for free palliative care and advance care planning resources for people working in the aged care sector.

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.



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 | End of Life Law |
| Primary Care | Linkages |
| Residential Aged Care | Dementia |
| Allied Health | 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



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.



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.