

DOES CABRINI SUPPORT VOLUNTARY ASSISTED DYING?

Cabrini does not support voluntary assisted dying. We do not assist with, coordinate or provide services relating to voluntary assisted dying.

However, we will not obstruct you from accessing services outside our facilities, and if you choose, we will continue to care for you in every other way, before and after death. We have staff who can talk to you about our end of life services.

When those in our care are dying, we assist them to die in comfort and with dignity. We will continue to promote and provide healthcare that is consistent with our Hippocratic commitment, the Code of Ethical Standards for Catholic Health and Aged Care Services in Australia and our values.

WHO CAN YOU TALK TO?

Cabrini staff can support you to discuss your end of life care. Many of our doctors and nurses have extensive experience talking about dying. We also have pastoral practitioners and social workers who can help you. We are committed to sensitive conversations about dying, so if you or a loved one have questions, we will do our best to provide support, or offer to find someone who can assist. The important thing to remember is that no one will judge you. There are no wrong questions, thoughts or feelings.

OTHER PEOPLE WHO CAN HELP

The following people may be able to help/guide you:

- Your doctor
- Your nurse
- Pastoral practitioner
- Social worker
- Religious minister or spiritual adviser
- Family and friends

FURTHER INFORMATION

Cabrini Palliative and Supportive Care

Ph: (03) 9508 5027

Email: palliativecare@cabrini.com.au

Other Cabrini brochures available:

- Advance Care Planning
- Cabrini Palliative and Supportive Care

The Department of Health and Human Services

provides comprehensive information about end of life services available in Victoria.

Ph: 1300 650 172

Website: www2.health.vic.gov.au/hospitals-and-healthservices/patient-care/end-of-life-care

If you would like information about the Catholic ethic of care as it relates to people who have a life-limiting illness and/or are nearing the end of their lives, please visit www.cha.org.au/news/711-our-enduring-commitment-to-end-of-life-care

End of life care choices at Cabrini



This brochure outlines the services available at Cabrini for people who are near the end of their lives and explains our beliefs about end of life care and voluntary assisted dying. We believe that every person is worthy of the utmost respect and the best possible healthcare and we welcome all into our services.

ABOUT CABRINI AND OUR BELIEFS

Cabrini is a Catholic, not-for-profit provider of health and related services inspired by the missionary vision of the Cabrini Sisters. Founded in 1948, our mission is to provide excellence in all of our services and to provide compassionate care for people in need. Our care is guided by the Code of Ethical Standards for Catholic Health and Aged Care Services in Australia.

We do not believe in prolonging life when it is against the wishes of our patients, therapeutically futile or overly burdensome. When treatments are withheld, withdrawn or refused, other forms of care such as pain relief and physical, spiritual and emotional care will still be provided. Nutrition and hydration are always provided unless they cannot be assimilated by the person's body, they do not sustain life, or their only mode of delivery imposes a grave burden on the patient (or others).

We offer high quality palliative care services and we support everyone's right to the most effective and timely pain and symptom control. We are committed to supporting our patients and their loved ones through the dying process in a way that respects their cultural, spiritual and social preferences. We do not support, facilitate or provide services related to voluntary assisted dying.

PALLIATIVE AND SUPPORTIVE CARE AT CABRINI

Our beliefs motivate our commitment to palliative care. Palliative care provides holistic support to people and their families, through all forms of suffering. Dying is unique to each person, so we put them at the centre of their treatment discussions and decisions. Our palliative care team helps people in the weeks, months and sometimes even years leading up to their death.

Palliative and supportive care is available at all Cabrini sites, and we specialise in the provision of complex care in our palliative care inpatient unit. We also provide palliative care and support services in residential care and the community, to ensure the best quality of life for individuals wherever they are.

BEING AFRAID OF DYING

Being afraid of death and dying is normal. It would seem that most days we wake up thinking about life. So the idea of life ending brings many thoughts and feelings. Knowing there are people around who can support and be with us is important. At Cabrini we have staff who can talk to you about your fears and provide information about dying which may make you less anxious.

STARTING TO TALK ABOUT DYING

Everybody understands death differently, depending on their own life experiences and their beliefs. Cabrini will respect your personal values, beliefs and feelings.

In the early stages, talking about death and dying can be uncomfortable. However, it is important, and may be very helpful. When discussions about death have been avoided, it is hard for family members to know and fulfil the wishes of someone who is dying.

This brochure can be used to start the conversation, particularly if you don't feel you have the words. Just sharing this brochure with someone and saying, *"I was reading this and it has been making me think..."* may be enough to start a meaningful conversation.

HOW CAN YOU PREPARE FOR DYING?

Sometimes, practical matters are the best way to start exploring how you feel about dying. Considering legal wills, funeral preferences and advance care plans are a few of the things you might do as you start preparing. You may want to be clear with your family and friends about what you want to happen at the end of your life and after you die. Saying goodbye to the people in your life can be very hard and these are important conversations that Cabrini may be able to help you with.