



Thinking "What Next"? ... Thinking About Action?

The CareSearch Dying2Learn MOOC is now closed and you might be thinking "where to next?" Where you go from here is up to you. If you are interested in continuing to think about these issues, and to help you follow up some of the ideas and challenges that have been raised during the MOOC, we have compiled this set of printable resources which may give you some starting points. This is not a definitive list, just some ideas to get you started. They include links to things you can do, like death cafes, and to other groups, organisations and activities you might like to get involved in. Some of these activities are of a more personal level, some will involve your family, and others are more social and based in the general community.

The Groundswell Project

The Groundswell Project is a not-for-profit organisation in Australia known for using innovative arts and health programs to create social and cultural change about death and dying. You can sign up to their mailing list and check out the events listed on their website.

Web Link: <http://www.thegroundswellproject.com/>

Dying to Know Day (D2KDay)

The Groundswell Project also coordinates Dying to Know Day (D2KDay) on August 8 each year. This annual day aims to bring to life conversations and community actions around death, dying and bereavement.

Web Link: <http://www.dyingtoknowday.org/>

Web Link: <http://www.thegroundswellproject.com/dyingtoknowday/>

Dying to Know Day has also produced a 'Big List' of death literacy, planning and conversation tools, and social action projects that will be of interest. It includes a list of books and videos, as well as many international resources.

Web Link: <http://www.dyingtoknowday.org/the-big-list/>

You may also like to listen to an ABC podcast about Dying to Know Day:

<http://www.abc.net.au/radionational/programs/breakfast/dying-to-know-day-discussing-death-dying-and-bereavement/6679810>

DeathFest

DeathFest, the Festival of Death and Dying, includes over 30 workshops, performances, ceremonies and talks on different aspects of death and dying. Upcoming events in 2018 will be held in Melbourne on September 1 and 2, and in Sydney on September 22 and 23.

Web Link: <http://deathfest.net/>

Melbourne DeathFest: <http://deathfest.net/upcoming-events/2018/9/1/melbourne-festival-of-death-and-dying>

Sydney DeathFest: <http://deathfest.net/upcoming-events/2017/9/22/sydney-festival-of-death-and-dying>

Death over Dinner

Death over Dinner invites people to participate in the most important dinner conversation Australia is not having. It's time to share your end of life wishes and plan a dinner to help others share theirs, to help transform this challenging conversation into an inspiring one.

Web Link: <http://deathoverdinner.org.au/>

It includes a guide to planning your own dinner: <http://deathoverdinner.org.au/#who>

You may also like to listen to an ABC podcast about Death over Dinner:

<http://www.abc.net.au/radionational/programs/healthreport/death-over-dinner/7437994>

Death Cafes

At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death. The goal of Death Cafes is '*to increase awareness of death with a view to helping people make the most of their (finite) lives*'.

Web Link: <http://deathcafe.com/>

You can find out when the next death cafe is scheduled in your area by looking at the interactive map: <http://deathcafe.com/map/>

You can also find out about how to hold your own Death Cafe: <http://deathcafe.com/how/>

You may also like to listen to an ABC podcast about Death Cafes:

<http://www.abc.net.au/radionational/programs/drive/coffee2c-cake2c-and-mortality/5024460>

'Before I Die...' Walls

Before I Die is a global art project that invites people to reflect on their lives and share their personal aspirations in public, by writing what they want to do before they die on a public wall. Originally created by the artist Candy Chang on an abandoned house in New Orleans after she lost someone she loved, today there are [over 4,000 Before I Die walls in over 75 countries and 36 languages](#).

Web Link: <http://ritualfields.com/project/before-i-die/>

People are encouraged to create their own 'Before I Die...' wall in their own communities. The website includes information on how to do this: <http://ritualfields.com/participate/build-a-wall/>

Advance Care Planning

During the Dying2Learn MOOC, you may have had a chance to think how you would like to do things yourself when it comes towards the end of your own life. Let's face it, some day we will need to make these decisions – have you considered starting right now? The following two tools are valuable starting points:

My Values

The *My Values* website has been developed by Dr Charlie Corke, an Australian intensive care doctor. It takes you through a process to clarify what is important to you - so you can understand the values that underlie your own thinking on matters related to death and dying. At the end you receive a report that summarises those values.

Web Link: <https://www.myvalues.org.au/>

Dying to Talk

"Dying to Talk encourages Australians of all ages and levels of health to talk about dying ...Dying to Talk aims to reach into the community to normalise dying in Australia and to help Australians work out what's right for them at the end of their lives."

Having a conversation with your loved ones about your end-of-life wishes will help them to make decisions on your behalf should you be unable to communicate your wishes. They provide a [Dying to Talk Discussion](#) Starter that guides you through talking with your loved ones.

Web Link: <http://dyingtotalk.org.au/discussion-starter/>

Advance Care Planning is about writing down your wishes while you can still say what you want and talking about what is important to you and your future healthcare. This will help your family and friends to make decisions about what to do for you if you no longer can. You can learn more on the CareSearch and Advance Care Planning Websites:

Web Link: <http://www.caresearch.com.au/caresearch/tabid/1082/Default.aspx>

Web Link: <https://www.advancecareplanning.org.au/>

Making healthcare decisions for others can be difficult. An advance care plan can give peace of mind and comfort as preferences are clear, understood and respected.

Compassionate Communities Network

"Compassionate Communities is an international movement that aims to build community capacity to support people approaching the end of their lives. Compassionate communities recognise that caring for one another at times of health crisis and personal loss is not solely a task for health and social services, but is everyone's responsibility."

Web Link: <http://www.compassionatecommunities.net.au/>

Compassionate Communities Network also has a Facebook page you can join: <https://www.facebook.com/CompassionateCommunitiesAus>

National Palliative Care Week

Palliative Care Australia organises National Palliative Care Week, an annual week aimed at raising awareness and understanding about palliative care in the Australian community.

In 2018, National Palliative Care Week was held on May 20 to 26. The theme for the 2018 National Palliative Care Week was 'What matters most?'. You might like to bookmark this website and check out National Palliative Care Week in future years.

Web Link: <http://palliativecare.org.au/national-palliative-care-week/>

Health Consumer Advocacy

Health consumer advocacy focuses on becoming a voice for health consumers, and making sure consumers are part of the health conversation with leaders. You can become involved in shaping healthcare for the better.

Consumers Health Forum of Australia is the national health advocacy body in Australia. They aim to "develop and promote consumer-centred health system policy and practice to governments, stakeholders, providers and clinicians", and to ensure collective consumer voices are involved in the co-design of health system change and innovation.

Web Link: <https://chf.org.au/>

Australian states can have their own advocacy organisations, such as Health Consumers Alliance SA: <http://www.hcasa.asn.au/>

Volunteering

Consider becoming a volunteer in your local area. You can search for relevant volunteering opportunities on the Volunteering Australia website: <https://www.volunteeringaustralia.org/>

They also run a website called GoVolunteer, which aims to match people interested in volunteering with appropriate volunteering opportunities: <https://govolunteer.com.au/>

If you are interesting in volunteering in Palliative Care, CareSearch has information and a video about this that you can access: <https://www.caresearch.com.au/caresearch/tabid/3823/Default.aspx>

Let's Talk About Dying TED Talks

Australian Intensive Care Specialist Dr Peter Saul presented a 13 minute TED talk on 'Let's talk about dying'. He calls on us to make clear our preferences for end of life care - and suggests two questions for starting the conversation. This video has had nearly 1 million views.

You can watch it at: https://www.ted.com/talks/peter_saul_let_s_talk_about_dying

There are a number of great TED talks available about death and dying. Groundswell have compiled a list you can view:

Web Link: <http://www.thegroundswellproject.com/new-blog//dying-to-know-all-the-great-ted-talks>

Re.Designing Death

Re.Designing Death is a movement aiming to promote innovation in the areas of death and dying. The movement comprises people who want to create societal change in the way we approach death and dying, and to enable the world to meet death-related needs. This has resulted in a number of different projects, with details available on their website.

Web link: <https://www.redeath.org/>

Modern Loss

Modern Loss is a website that welcomes conversations about grief. It includes many resources, articles and personal stories about grief. You can write and submit your own story about grief, which the website may publish. If this is a topic that interests you, the website creators have also published a book of essays about grief, accompanied by illustrations, with details available on the website.

Web link: <http://modernloss.com/>

DeadSocial

DeadSocial is a website about end-of-life planning in today's digital world. It is described as a social enterprise and has provided creative [initiatives](#) with several different partners. The website provides many [resources](#) to help you plan your [digital legacy](#). It also provides information about [preparing for death](#) and [bereavement](#).

Web link: <http://deadsocial.org/features>

You can also connect with DeadSocial on Facebook: <https://www.facebook.com/DeadSocial>

Good Grief

Good Grief's aims to provide free support to people after the death of a mother, father, sister, or brother through peer support programs, education, and advocacy. The website provides [resources](#) about grief including tips and support for many different grief-related topics (e.g., how to tell a child someone has died; ways to care for yourself while caring for others; navigating the holidays).

Web link: <http://www.good-grief.org/>

The Order of the Good Death

According to the Order of the Good Death website: "The Order is about making death a part of your life. That means committing to staring down your death fears- whether it be your own death, the death of those you love, the pain of dying, the afterlife (or lack thereof), grief, corpses, bodily decomposition, or all of the above. Accepting that death itself is natural, but the death anxiety and terror of modern culture are not."

Web link: <http://www.orderofthegooddeath.com/>

This group also hosts events promoting public conversations about death and dying under the name Death Salon. The events have all been in the USA, but you can read about what happens at them here: <https://deathsalon.org/meetings/>

Living With Our Dead

"Living with our Dead is a project that fosters individual and community artistic expression, placing death as a significant part of life. The projects encourage personal and idiosyncratic expressions of how we live with our dead – our people, animals, flora and fauna. And through this, to understand what living with our dead may offer us as individuals and communities. The project is creating a new language and aesthetics of death and remembrance."

Even if you are unable to attend their events, you may find their approach to death novel, interesting or inspiring.

Web link: <http://livingwithourdead.com/>

Keep Up To Date

To keep up to date about what's happening, for other ideas and links, and products related to the Dying2Learn MOOC, you can:

Follow [@dying2learn](#) on Twitter: <https://twitter.com/dying2learn>

Follow [@CareSearch](#) on Twitter: <https://twitter.com/caresearch>

Sign up for the [CareSearch Newsletters](#) at:

<http://eepurl.com/X5nQb>