

Decision Assist: Palliative Care and Advance Care Planning for Aged Care

Associate Professor Jennifer Tieman
Flinders University
Ageing in a Foreign Land, June 2015

What is Decision Assist?



Funded by the Australian Government through the Department of Health

To provide specialist palliative care and advance care planning advisory services nationally to aged care providers and general practitioners caring for recipients of aged care services.

Project Period: September 2013 – June 2016

Who is leading it?



Project is managed by a consortium of national health and aged care organisations:

- Austin Health/Respecting Patient Choices: (Lead) 
- ACSA 
- ANZSPM 
- Flinders University/CareSearch 
- LASA 
- Palliative Care Australia 
- Queensland University of Technology 
- University of Queensland/Blue Care Research and Practice Development Centre 

Why do we need it?



- 1 in 7 Australians is over 65 years
- In 2011/2012: 187,941 residential aged care places, 46,518 CACP and 12,683 EACH/EACHD
- 117,559 separations from residential aged care with around half being permanent resident separations. Death accounted for 91% of the permanent resident separations. One-quarter of permanent residents who died had been in care for less than 6 months.
- In 2011–12, death accounted for 16% of CACP separations, 30% of EACH, and 17% of EACHD separations.

AIHW 2013

Why do we need it?



- Of those over 65 years at death, $\frac{3}{4}$ had used an aged care service in 12 months before they died
- There was increased take-up of care in the last 6 months of life
- $\frac{3}{5}$ were current clients of aged care programs when they died
- People used a diversity of aged care program pathways
- Almost half (46%) of program clients used combinations of community care and permanent and/or respite RAC
- Permanent RAC was the last aged care service used by 54% of program users



AIHW 2015

Why do we need it?



High-quality end-of-life care in nursing homes relies on organization, funding and skilled staff, including available doctors who are able to recognize illness trajectories and perform individualized Advance Care Planning.

Fosse et al 2014

Models of palliative care should integrate specialist expertise with primary and community care services and enable transitions across settings, including residential aged care.

Luckett et al 2014

Home-based, long-term care for older people whose health is severely compromised because of life-limiting conditions generally occurs within the context of aged care packages.

Toye et al 2013

Ageing and dying in a foreign land

- 18% of the Australian population was born overseas in 'non-main English-speaking countries'. Among those over 65, however, 22% were from 'non-main English-speaking countries'.
- The overseas-born population has an older age structure than the Australian-born population, with 18% of people born overseas aged 65 and over, compared with 12% of people born in Australia.



Palliative Care and ACP/AD Issues



Despite Australia's cultural diversity, there is little doubt that ethnic minority groups continue to have less access to health care systems, let alone culturally appropriate care, including palliative and end of life care

Clark & Phillips, 2010

Establishing the patient's cultural values and background is an important part of the advance care planning discussion. Many patients of minority cultural and language backgrounds are less likely to complete ACDs than the majority population and for some cultures, the principles of autonomy and individual decision making on which ACDs are based are quite foreign.

Leditshke et al, 2015

Overview of Decision Assist Activities

Start Up Activities



Environmental Scan:

- Surveys of residential aged care, home care and GPs
- Survey of specialist palliative care services
- Review of other related activity in the sector

Establishment of Advisory Groups

Development of an evaluation framework

Advising and Informing



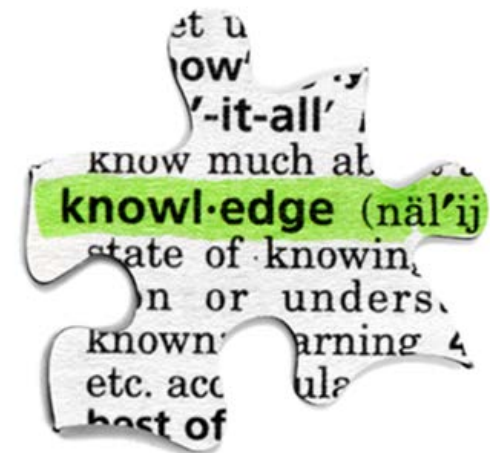
Advance Care Planning Phone Service

Palliative Care Phone Service

National consistent clinical guidance

Decision Assist website

palliAGED app



Linkages



Systematic Review

- Linkages processes
- Development of a toolkit



Grants for Projects

- 20 projects across Australia (2015-2016)

Facilitators to support local linkages and networks

Training and Workshops



Training package for residential aged care

- 2 x 1 day workshops, online training
- palliative care and advance care planning

Training package for home care

- 2 x 1 day workshops, online training
- palliative care and advance care planning

GP Training (ACP)

GP Training (Palliative Care)



Evaluation



Determine if quality of care has been improved:

- Individual project assessments
- Cross project assessments

Feedback will support iterative improvements

Identify gaps and needs



Addressing CALD Issues



Decision Assist Website

- Specific Needs Resources include Culturally and Linguistically Diverse Communities

Phone Advisory Service

- Able to assist with CALD calls

Linkages Project

- Includes three CALD specific projects

Aged Care Workshops

- Have included workshops for CALD specific group, when requested

palliAGED

- Includes links to CALD resources





Finding Information

Evidence based information supports quality palliative care for older Australians.

- [Need Information Now?](#)
Provides rapid navigation to the evidence on common symptoms and care issues.



Project Activities

Decision Assist helps GPs, aged care staff and other health professionals caring for older Australians with palliative care and advance care planning projects and resources.

- [Phone Advisory Service](#)
- [Aged Care Workshops](#)
- [GP Education](#)
- [Linkages Projects](#)



Quick Links

Find out what is coming and what is new on Decision Assist.

- [Welcome to Decision Assist](#)
- [What's New](#)
- [Latest Decision Assist Project Update newsletter](#) (425kb pdf)

Announcements

- **Decision Assist on the Aged Care Channel – Palliative Care support for Aged Care**
[Register for free](#) and save the date: Wednesday 29th July 2015 at 2:15pm-2:45pm. A brief [preview video](#) (1:30mins) is now available to view!
- **NOW AVAILABLE: palliAGED**
A [smart phone app, palliAGED](#), is now available. Free to download.
- **CALL US NOW**
The [Phone Advisory Service](#) is available to assist GPs and health professionals working with older Australians. Call **1300 668 908** for the cost of a local call at any time to receive specialist advice on all your patient or client palliative care needs or advance care planning information (from 8am until 8pm). Call **1300 668 908** today!
- **BOOK AGED CARE WORKSHOPS**
To find out about workshops for home care and residential aged care visit the [aged care workshops page](#), ring the Decision Assist Aged Care Training coordinators on (03) 9088 1252 or email agedcaretraining@austin.org.au

Decision Assist Home

About Decision Assist

Need Information Now?

Resources

- Care Research Guidance
- Guidance Documents
- Clinical Tools

Supplementary Guidance Documents

Project Materials

Project Reports

Specific Needs

- Aboriginal and Torres Strait Islander people
- **Culturally and Linguistically Diverse communities**
- Financially or socially disadvantaged
- General resources
- LGBTI individuals
- Homeless people
- People with dementia
- Rural and remote populations
- Spirituality and faith
- Veterans

Education & Training

Using Technology

News & Updates

Culturally and Linguistically Diverse communities

Culturally appropriate palliative care respects and supports individual cultural, linguistic and spiritual needs and preferences. The following resources may be useful in planning for and providing culturally appropriate care.

- [Practice Issues](#)
- [Policy and management considerations](#)
- [Associated materials](#)

Practice issues

- **Centre for Cultural Diversity in Ageing**
[Resources and culturally inclusive aged care practice guides](#), Current (freely accessible online resource)
Summary: Practice guides covering a wide range of topics including palliative care and spiritual support.

- **Clark K, Phillips J**
[End-of-life care - the importance of culture and ethnicity](#), Aust Fam Physician. 2010 Apr;39(4):210-3. (freely accessible 495kb pdf)
Summary: Australia is a culturally and ethnically diverse country. Within such diversity there will be differing beliefs systems about death and dying. This may be a challenging prospect for health professionals. This article discusses how cultural diversity may impact care and provides some strategies for the general practitioner when considering the provision of end-of-life care.

- **Johnstone MJ**
[Biethics, cultural differences and the problem of moral disagreements in end-of-life care: a hermeneutic theory](#), J Med Philos. 2012 Apr;37(2):181-200. (abstract only)
Summary: Explores cultural differences and how they impact on end-of-life care.

Policy and management considerations

- **Australian Government Department of Health**
[National ageing and aged care strategy for people 65+](#) (freely accessible 600kb pdf)
Summary: The strategy is designed to inform the way care that is appropriate and sensitive to the needs of the Department of Health in implementing the activities to assist in guiding future funding priorities. It is easy CALD backgrounds, their families and carers to contribute include:
 - CALD input positively affects the development of a responsive
 - achieve a level of knowledge, systems capacity and carers to exercise informed choice in aged care
 - older people from CALD backgrounds are able to access aged care services
 - monitor and evaluate the delivery of ageing and aged care people from CALD backgrounds, their families and enhance the CALD sector's capacity to provide aged care
 - achieve better practice through improving research linguistic diversity in the ageing population
- **Johnstone MJ, Kanitsaki O**

Project Update



June 2015



New online education module supports GPs

A new online education module will support GPs in caring for older patients with progressive illnesses who are living in the community and aged care facilities.

In announcing the new module, Professor Liz Raymond said that Decision Assist has partnered with the Australian College of Rural and Remote Medicine (ACRRM) and Royal Australian College of General Practitioners (RACGP) to make the module available.

GPs can access the module through ACRRM's Rural and Remote Medical Education Online (RRMEOL) and RACGP's 'gplearning' which is the RACGP's online portal that provides general practice education.

Professor Raymond also said that it was particularly timely that this announcement was made during National Palliative Care Week which is all about encouraging Australians to break that last taboo and talk about death.

A copy of the media release is available at www.decisionassist.com.au.



Aged Care workshops in high demand

Decision Assist workshops are now in high demand around the country. Nearly 1,400 participants have attended the workshops since they began in September 2014. More are now being scheduled in the ACT, Tasmania, Northern Territory and Western Australia.

National Project Manager, Karen Conte says that new workshops have now been developed for the community sector, targeting case managers delivering home care packages. Evaluations have been overwhelmingly positive, she said.

Christine Doyle from Yarrawonga Health found the workshops extremely worthwhile, relevant, practical and particularly helpful as Yarrawonga Health is currently rolling out its Palliative Approach project. Christine said that the take away message for her and some of her colleagues was the introduction and use of trajectories in the palliative approach, which has changed the way they assess and manage their residents and patients in the acute setting.

For more information go to www.decisionassist.com.au or phone the Decision Assist Aged Care Training coordinator on (08) 5088 1260 or email agedcaretraining@decisionassist.com.au.



Dr Greg Parker - Pain assessment, management and initiating opioids



Biography: Dr Greg Parker (MBBCh FRACGP FACHPM)

Greg is Acting Director of the Metro South Palliative Care Service in Brisbane. He is involved in all aspects of palliative care practice. He has a strong interest in palliative medicine education. Greg is a member of the Australasian Chapter of Palliative Medicine Committee and The Royal Australasian College of Physicians. Greg is a senior lecturer with Griffith University and the University of Queensland and an advanced training supervisor.

So what about residents?



For those providing care

Decision Assist's focus is on **those providing care** not the resident or clients living in the community

Improving staff confidence, competence and access to knowledge will improve the care provided and hence support residents and clients indirectly.

Resources for residents and clients

- My Aged Care website
- Palliative Care Australia
- CareSearch
- Advance Care Planning Australia



For further information:

www.decisionassist.org.au

Phone Advisory Number:

1300 668 908