



Pound the Pavement 4 EPC



Care for the Carers Appeal



EPC Education



EPC's Greeting Cards are on sale now!

Our family's experience with EPC

Ten years ago, our family benefited from EPC's incredible support so we could care for my mum, Roz, at home. It was a difficult time but it was made possible because of EPC.

Mum kept many of her feelings about dying to herself, but she was quite vocal about how wonderful her EPC care team was. Visits were always focussed on mum and her needs at the time and the team gently reassured us in every visit.

During mum's final days, I was so grateful to be involved in caring for her. A decade on, the memory has faded a little, but I know I felt a lot of responsibility. As a nurse myself, I wanted to do as much for mum as she would allow, and as a family we were totally enabled to participate. EPC's guidance and explanations were so sensitively tuned in to what mum and the rest of us needed. This skill is an art – and it is difficult to capture in words.

Before she died, mum particularly encouraged my sister and I to connect with Peggy, our family support worker. We found great value in this both before and after mum died. Peggy's input was so gentle, so kind. We still remember it with gratefulness. There was support for my dad and brother too. For a time, dad joined in on a walking group and I think most of us attended a bereavement care session. Just in our own time and pace.

Last year, I joined EPC as a volunteer consumer advisor. I am the Chair of the Consumer Advisory Subcommittee and it's a privilege to be able to input and consult on a range of EPC's work. From reviewing consumer information, to contributing to EPC's strategic plan, I witness how EPC is firmly focussed on client centred care in every aspect. This year, I am looking forward to joining the Pound the Pavement 4 EPC to walk in memory of mum and as a mark of sincere thanks for helping mum and my family through that time. **Thank you Bec for permission to share your story.**



Bec and Roz

Message from Gaylene

If you are reading this newsletter then it means Spring has arrived! I celebrated two years with EPC in August. The time has flown, and I have loved every day.

I am very fortunate to have a Committee of Management that supports our change agenda through what is known as a value based health care (VBHC) lens. As I mentioned in our March newsletter, VBHC seeks to create a healthcare environment where value is maximised for clients, providers, and the community.

It's an evidence-based approach that aims to improve health outcomes while enhancing the overall experience of care for our clients and their families. You might be asking how is that relevant to palliative care? Well, through goal setting with our clients and understanding what is important to them for their remaining time, our clinicians can use this information for shared decision-making and to inform their care.

VBHC is also about ensuring those that need the care the most receive it in a timely manner. We have increased the use of video-telehealth for clients who are stable, and reduced travel time, therefore enabling more clients to access care. Our allied health services can now prioritise clients better to ensure our limited staff resources are directed to where the care is needed most.

We are on a long journey, one informed by our clinicians and consumers. If you would like to volunteer your time to inform this work, please let us know.

Enjoy your spring!

Adjunct Assoc Professor Gaylene Coulton
CEO, EPC

POUND THE PAVEMENT 4 EPC

Join us at Lillydale Lake on Sunday 13 October at 10am for EPC's biggest annual fundraiser! Bring your friends and family to walk in honour of those that have experienced our service. After walking or jogging 2 laps in your own time, relax and enjoy our Sausage Sizzle courtesy of The Rotary Club of Maroondah, our huge Bake My Day Stall, tea and coffee, Christmas Raffle and merchandise.

This year we are raising funds for EPC's Care for the Carers Appeal to recognise the essential role carers play in supporting clients at home. All funds raised will go to EPC programs and services that support carers. Can't come? Donate to someone who is on our program or register to create your own PTP4EPC event that suits you! Register or donate at the website epc.grassrootz.com/pound-the-pavement-4-epc-2024 or scan the QR code. Enquiries: fundraising@epc.asn.au #PTP4EPC



Giving Tuesday - Help us buy five Syringe Drivers!

Tuesday 3 December 2024 is Giving Tuesday, a day of global generosity when millions of people worldwide give to support their communities. This year EPC aims to raise **\$15K** to buy five much needed Syringe Drivers. They are a vital piece of equipment in palliative care.

A Syringe Driver is a small portable battery-operated pump that administers medicines subcutaneously by continuous infusion. It can manage symptoms when oral medications or frequent injections are not effective or difficult. They can be carried in a bag over the shoulder to allow mobility and are easily detached for bathing.

They can also enable someone to stay at home instead of going to a hospital or hospice, if that is their wish. EPC has an ongoing need to purchase and maintain this equipment with five needed urgently to meet demand. To donate click **Donate Now** at www.epc.asn.au



Care for the Carers Appeal

This year, EPC is raising funds for our Care for the Carers Appeal. POUND THE PAVEMENT 4 EPC officially launches EPC's celebration of carers during National Carers Week (October 13- 19). Many of our clients wish to be cared for at home, where they are surrounded by family and are most comfortable. Sadly their care can become quite complex as their health deteriorates. This often has a significant impact on their carer. The role of a carer can be stressful and overwhelming. At EPC, our quality of care is focused on our carers as well as our clients.

We provide a range of essential services that support carers and, therefore, assist clients to stay at home. These include Overnight Nurses, Carer Massage, Family Support Workers, our Volunteer program and Bereavement Counselling. If you would like to donate, please go to epc.asn.au/donate or scan the QR code below.



EPC Education

EPC are leaders in palliative care education and our palliative care approach. Our Educators can provide a range of flexible education options to meet your needs. Our courses can take the form of short sessions or longer courses and are specifically tailored to suit palliative care professionals. Read more about EPC's palliative care education options below. If you are interested in any of these courses, please visit epc.asn.au/education.

EPC Foundations

Our newest course offering is called EPC Foundations: Fast-Track Training for Palliative Care Professionals. This ten-day course, spanning over two to three weeks, is held in our Mitcham office and is specifically designed to accelerate the journey of new palliative care nursing and allied health professionals from novice to advanced beginner. Our comprehensive, multidisciplinary, and streamlined education program aims to equip participants with the skills and confidence to deliver safe and proficient community palliative care.



Centre of Volunteer Excellence

Our Centre of Volunteer Excellence is the largest palliative care biography service provider in the world. We are an award winning program and our highly skilled educators have been training biographers since 2006. We offer several courses such as Train the Trainer, Train Your Biography Volunteers and Volunteer Management Mentoring. We are also open to providing one off education sessions to other organisation's volunteers around anything to do with palliative care.



Community Education

We offer Introduction to Palliative Care courses for nurses and palliative care professionals. These extensive courses include topics such as The Principles of Palliative Care and the Palliative Approach to Care, Symptom Management in Palliative Care, The Dying Process, Grief, Loss and Bereavement, Subcutaneous Infusions and more. Our education services link to relevant accreditation standards to meet funding requirements. One hour of training equals one CPD Point for RNs.



EPC's Greeting Cards are on sale now!

Brighten up your festive season this year with our newly designed EPC Loveheart greeting card. This, along with our other EPC greeting cards, are on sale now from our Mitcham office or via post (postage costs apply). Prices are as follows: **\$2 each, \$8 for 5 or \$15 for 10**. All funds raised by these sales go directly to the cost of client care.



EPC Loveheart Card

Safewill Free Wills Week 2-9 September

We're thrilled to announce that Free Wills Week is back from 2-9 September! This is your chance to write your Will for **FREE** (usually \$160) with our trusted partner, Safewill.

Writing a Will is one of the most important ways you can protect your family and safeguard your life's work. Safewill's easy-to-use online platform guides you through the process, with expert tips and live customer service along the way. Plus, every Will written is reviewed by their affiliate law firm.

By writing your Will today, you can secure your future. Should you wish to support EPC in a meaningful way, including a charitable gift in your Will helps us continue our mission and creates a lasting legacy that reflects your values.

In Lieu of Flowers

Thank you to the families of the following people, who arranged for donations to EPC in lieu of flowers at their memorial service. We are most grateful that you thought of EPC during such a difficult time.

Vivien Chan Geoffrey Cusack Walter Dower Doreen Hennessy Robert James Moss Margaret Schafter

Planning a memorial service is challenging. You may not wish to receive flowers or you may wish to thank EPC publicly. Requesting donations to EPC in lieu of flowers is a way to do this and also provides a way for others to express their condolences. If you wish to receive flowers and also request donations to EPC, instead of using the term "in lieu of flowers", simply ask people to "Consider donations to EPC in X's honour at epc.asn.au"

In Memoriam

Thank you to the below families who arranged In Memoriam pages on www.epc.asn.au/in-memoriam:

**Lee Baker Eddie Hoon Peng Goh George Law
Michael Sharp Jim Woodcock**

2024 Key Dates

Aug - Sep	Volunteer Training Intake Sessions
Oct 13	POUND THE PAVEMENT 4 EPC
Oct 13 - 19	National Carers Week
Dec 3	Giving Tuesday

EPC acknowledges Aboriginal and Torres Strait Islander peoples as the Custodians of the lands and waters where we live and work. We respect their historical and continuing spiritual connections to country and community and pay our respects to their Elders past and present. We commit ourselves to the ongoing journey of Reconciliation with those who hold the memories, traditions, culture and hopes of Aboriginal Australia.



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Visit our website epc.asn.au to receive our newsletter by email. Email contactus@epc.asn.au to unsubscribe.

Gifts in Wills

Thank you to **The Estate of Keith Oliver, The Estate of Deborah Leona Smith** and **The Estate of Valerie White**.

*Valerie White's gift was directed to cover the cost of supplying our nurses with new suitcases and backpacks to carry their medical supplies.



If this newsletter has arrived at a difficult time, we sincerely apologise. We understand the difficulty in grieving after experiencing a loss. If you would like bereavement support, please contact us on 1300 130 813. Although the majority of our funding comes from Government sources, EPC also relies on community fundraising, bequests and donations to maintain the wide array of services and programs we provide. All donors are added to EPC's quarterly newsletter email list. To opt out, simply call us or email fundraising@epc.asn.au.

Stay up to date with EPC by following us on social media:



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