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, ¾ 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.
- 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
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.
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
Advancing 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)
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 two 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 OFs, 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
  Download free and save the date: Wednesday 29th July 2015 at 2:15pm-2:45pm. A brief overview video (1:30mins) is now available to view.

- NOW AVAILABLE: pallAGED
  A smartphone app, pallAGED, is now available. Free to download.

- CALL US NOW
  The Phone Advisory Service is available to assist OFs 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 6am 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 (08) 9308 1252 or email agedcaretraining@austin.org.au.
Culturally and Linguistically Diverse communities

Culturally informed 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
- Difficult and management complications
- Associated issues

Practice issues

- Cultural diversity in aging
- Cultural diversity in infant care and family practice
- Cultural diversity in palliative care
- Cultural diversity and spiritual care

- Case Study 1: Australian Aboriginal palliative care: A case study of a woman with cancer

- Clerk of Parliament
- Australian Aboriginal palliative care: A case study of a woman with cancer
- Australian Aboriginal palliative care: A case study of a woman with cancer

- Johnstone MJ
- Indigenous cultural heritage and the provision of high-strength opioids in end-of-life care

- Australian Government
- Department of Health
- Palliative Care Services

Policy and management considerations

- Australian Government Department of Health
- Palliative Care Services
- Australian Palliative Care Association
- National Palliative Care Framework

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 Ian hammell said that Decision Assist has partnered with the Australian College of Internists and Internists Australia (ACIA) and Royal Australian College of General Practitioners (RACGP) to make the module available.

GPs can access the module through ACIA’s Rural and Remote Medical Education Online (RANEO) and RACGP’s e-learning portal that provides general practice education.

Professor Hammell said that it was particularly timely that this announcement was made because, because of the workforce shortage in rural areas, many people did not have access to specialist palliative care services. “We need to be sure that all GPs who provide palliative care are well-equipped to provide care in this setting,” he said.

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

Aged care workshops in High demand

Decision Assist workshops were in high demand around the country. Nearly 1000 participants have attended the workshops since they began in September 2014. Workshops were held in Tasmania, Northern Territory and Western Australia.

National Project Manager, Karen Combs, said that the workshops have been well-received. “We have received feedback from participants who have attended our sessions that they have been very helpful and informative,” she said.

Christina Dwyer from Yarramundi Health said that the workshops have been a real boost for the organisation. “We have been able to provide more support to our clients and staff,” she said.

The workshops aim to provide GPs with the knowledge and skills they need to provide high-quality palliative care. They cover topics such as managing pain, symptom control and communicating with patients and their families.

For more information, go to www.decisionassist.com.au or call 1300 668 908.
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