

Last Days.

Navigating death and dying

Knowing what to expect

Dying is a normal part of life, but many of us are unprepared for what happens, and the practical steps to take after losing someone we care for.

Creating space to talk openly about dying

Last Days and Last Days Dementia will equip you with practical knowledge and tools to navigate the last days of someone you care for.

Last Days helps you understand what's ahead when someone is at the end of their life, creating space for conversations about their wishes and preferences and giving you practical knowledge to help you plan and prepare.

Last Days is delivered as online or face-to-face workshops and includes Last Days Dementia, to support people living with dementia.

In our FREE WORKSHOP, you will learn

- What to expect and the role of palliative care.
- What a "good death" might look like, and the choices we have.
- How to have conversations about dying and plan for what's ahead.
- Practical information to assist with getting affairs in order.
- Possible care choices and support available as we near death.
- How grief and loss can impact individuals and support available.
- Common rituals, rules and regulations around death.

We're bringing Last Days and Last Days Dementia to Western NSW

Sign up for a FREE Last Days workshop

5 March 2024 | Dubbo

178 Room, Dubbo RSL

9.30am-12.30pm (rsvp: 1/3/24)

6 March 2024 | Bathurst

Piper Room, Panthers Bathurst

9.30am-12.30pm (rsvp: 1/3/24)

7 March 2024 | Orange

Tobruk Room, Orange Ex-services

9.30am-12.30pm (rsvp: 1/3/24)

Online

25 March 2024 | 10am-1pm (Last Days)

26 March 2024 | 1-4pm (Last Days Dementia)

27 March 2024 | 6-9pm (Last Days)

Note: We will be in **Broken Hill** on **8 May 2024**. Details will be announced on the website in the coming months.



To register go to
[www.hammondcare.com.au/
last-days-program](http://www.hammondcare.com.au/last-days-program)
or scan the QR code



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HammondCare

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