

# About the **Peace of Mind** project

## Supporting palliative care for people with dementia

The **Peace of Mind project** (POMp) aims to improve the end-of-life journey for people living with dementia by improving knowledge and access for all involved, including carers, families and health professionals in South Western Sydney.

### Peace of Mind project strategies:

**Raising community awareness** about dementia, palliative care and advance care planning through community education sessions and community education stalls

Developed the **Sorry Business booklet** for Aboriginal and Torres Strait Islander people

Developed a **carers' service directory**

Conducted **GP needs assessment and co-design**

Presenting **GP education sessions**

Developed end-stage-dementia **HealthPathway for GPs**

Improving regional service equity through supporting small, aged care services to provide objective, accurate pain assessment for their residents.

The project working group aims to better integrate the local healthcare system to ensure it enables access to palliative care for people living with dementia.

Dementia is the leading cause of death in females, and second leading cause of death in males.

End-of-life care and palliative care is now seen as a key part of dementia. Despite this, it is not well known as a life limiting illness by the public or health professionals in South Western Sydney.

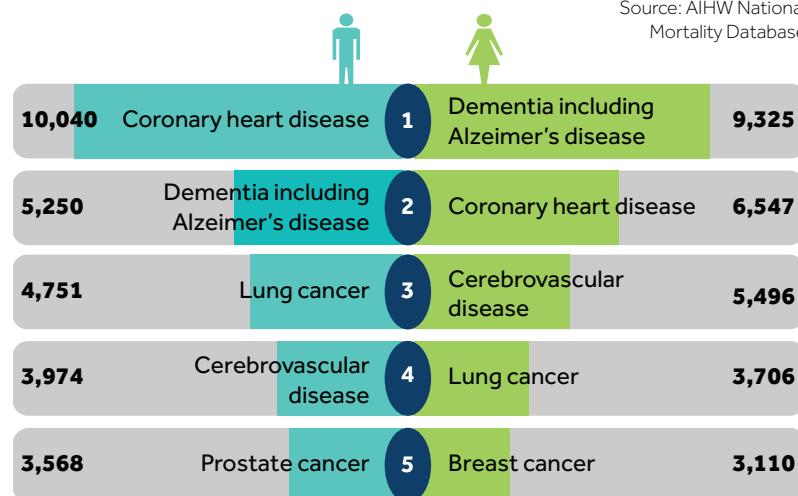
Look for these factsheets from **Health Resource Directory**

- » Advance Care Planning
- » Palliative Care
- » Understanding the Dying Process

[healthresourcedirectory.org.au](http://healthresourcedirectory.org.au)

### Leading underlying causes of death in Australia in 2020

Source: AIHW National Mortality Database



For more information email [pomp@swsphn.com.au](mailto:pomp@swsphn.com.au) or scan this QR code.



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