end-of-life ESSENTIALS®
education for acute hospitals

What is important at the end of life?

Looking back & reviewing life

- *Talking about life & preparing for death*
- *Thinking about who I am*
- *Understanding my legacy*

Understanding time is limited

- *Planning how to spend the remaining time*
- *Forgiveness - asked and offered*
- *Planning for my body after death*

Trusting clinicians

- *Expert care*
- *Compassionate care*
- *Effective communication*

Family & friends

- *Reaffirming or severing social connections*
- *Saying goodbye*
- *Speaking & hearing truth*
- *Sharing & giving love*

Endoflifeessentials.com.au

Steinhauser et al 2009; Virdun et al 2015; Steinhauser et al 2000; Gott et al. 2008