



# Living Well Dying Well

What does it mean to live well and how is it connected to dying well? Religion, philosophy, our culture and our environment can offer some answers but decisions about how you live your life rest ultimately with you.



At Living Well Dying Well we explore some of these themes and offer insights and connections for further information and support. We also look at what the Catholic Church says about death and explore its traditions around dying, death and life beyond the present realm.

Living Well Dying Well is a collaboration of Catholic parishes and agencies working with palliative care services to enhance these services through the provision of volunteers. We train and support volunteers to accompany sick people and their families, to offer presence, and support beyond the professional care delivered by doctors, nurses and Allied Health professionals.

Living Well Dying Well is a Catholic program which aims to enhance the journey of people who are sick and may be approaching their end of life. It seeks to

form a caring and compassionate community around these people, support them more fully, respond to their needs and help their families with the care that is needed.

## Start a conversation about dying and death

Help us to share information about Living Well Dying Well and the support and resources available for people with a serious and life-limiting illness by starting a conversation with your community today.

Find out more by visiting  
[livingwelldyingwell.org](http://livingwelldyingwell.org)



# Volunteer Accompaniment Program

Living Well Dying Well volunteers provide accompaniment to individuals living with serious and life-limiting illness, as well as support for their family and carers. This accompaniment provides companionship, community welcome, support, connection and belonging to people who are navigating times of challenge, transition and change.

## Volunteers

Volunteer Companions provide attentive presence, without judgement or attempting to 'fix' or 'solve' the challenges being faced. The role requires someone who is a good listener and who is able to respond with sensitivity, compassion and empathy.

Are you someone with these qualities and skills who can offer one to two hours or more per week for most of the year, work collaboratively with people of diverse needs, backgrounds and cultures within a supportive framework and commit to ongoing training?

If so, we welcome your expression of interest to join this worthwhile program as a Volunteer Companion. To register your interest visit [livingwelldyingwell.org/volunteers](http://livingwelldyingwell.org/volunteers).

## Accompaniment

Living Well Dying Well offers volunteers to accompany people who are sick and may be approaching end of life. The aim is enhance the journey through forming a caring and compassionate community around these people to respond to their needs and help their families with the care that is needed.

If you are seeking this kind of accompaniment, for you, a family member or friend, please visit [livingwelldyingwell.org/accompaniment](http://livingwelldyingwell.org/accompaniment).

For further information please contact CatholicCare on 13 18 19.



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Dying Well