7 July 2016

**Bringing death to life, this Dying to Know Day**

It’s a fact that none of us make it out alive; so why are we so afraid of death?

As part of Dying to Know Day (8 August), Sunshine Coast Hospital and Health Service (SCHHS) invites you to attend a life-affirming event about death and dying, life and living.

Geriatrician and Chair of the SCHHS End of Life Care Committee, Dr John Endacott, says his committee wants to raise awareness about death, dying and the importance of planning for the end of life.

In collaboration with the Groundswell Project, the SCHHS, Wishlist and the PHN (Central Queensland, Wide Bay, Sunshine Coast), a production of four short plays will be presented.

Afterward, the audience will be invited to participate in a panel-led discussion inspired by the plays. The panel will include clinicians, a lawyer and a palliative care vet.

“Advance Care Planning is talking—well ahead of time—with our families and health professionals about our wishes for the end of our life. Having these discussions makes it much more likely that your end of life care wishes will come true”, Dr Endacott said.

“But if you’ve ever sat down and tried to have that discussion, you’ll know it can be pretty difficult, awkward and even confronting.

“Dying to Know Day is all about reminding us that dying is as natural as being born. By presenting the plays we have chosen, we are hoping for a range of responses from our audiences: laughter, tears and reflection. Above all, we want the audience to be entertained and engaged.

“That way, the panel discussion we have afterward will be meaningful and memorable. And hopefully, it will make Advance Care Planning discussions just that little bit easier for all involved,” Dr Endacott said.

**When:**

7.30pm – Saturday, 6 August 2016  
2pm – Sunday, 7 August 2016

**Where:**

The Lind Theatre  
Mitchell Street, Nambour

Places are limited and bookings are essential; you can book online at www.lindlane.com.au  
Tickets are $15 each or four tickets for $50, online. Proceeds will go to the health service foundation Wishlist.

Dying to Know Day is an annual day of action inviting all Australians to do something towards open and honest conversations about death, dying and bereavement.
Statistics show 75 per cent of Australians have not had end of life discussions, very few of us die with an Advance Care Plan, and 70 per cent of Australians die in hospitals though most would prefer to die at home.

For more information, visit www.dyingtoknowday.org or contact the End of Life Care Project Officer by emailing SC-ACP@health.qld.gov.au or calling 5470 5306.

ENDS

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