

I pay my respects to Elders past , present and emerging



Acknowledging that we meet today on
Aboriginal land , always was and always
will be.

First Nations cultures have survived on
this continent for over 60,000 years, and
prior to 1788 people were in better health
than by most of today's indicators. One
of the ways that enabled families and
communities to thrive in life and death
were social structures based on self care
from which current social choices of a
compassionate community have much
to learn



“We want to live in a world where every person, every family and every community knows what to do when someone is dying or grieving.”

- Groundswell is an international leader in death literacy, and is at the forefront of this movement in Australia over the last 10 years, promoting these conversations.
- Our vision is for our communities to help us live, grieve and die in line with our values
- Dying to Know Day is a day that encourages people across the country to engage in a meaningful conversation around death, dying, bereavement and grief.

Last year there were over 200 events nationwide sponsored by **GROUND SWELL**...in halls, workplaces, cafes...having “the conversation”

Death: it takes **all of us.**



#D2KDay

Let's create a world where we all know what to do when someone is **dying, caring or grieving.** Learn how at a Dying to Know Day event near you this August: dyingtoknowday.org

Dying To
Know *day*
8th August
www.dyingtoknowday.org

AN INITIATIVE OF
**THE
GROUND
SWELL
PROJECT**

The Groundswell Project Australia

- Dying to Know Day Campaign
- An annual national campaign that empowers Australians at all stages of life to live and die well.
- During August, people hold events, gatherings at home, take individual action, and much more, all to improve their knowledge around choice at end of life. Throughout the website you'll find some toolkits and resources to support having conversations with the people in your life.
- [Head to the website here](#)

*Dying
to Know
Day*
8 August

GET
DEAD
SET.





THE GROUND SWELL PROJECT MANIFESTO

WE WANT TO LIVE IN A WORLD WHERE EVERY PERSON, EVERY FAMILY AND EVERY COMMUNITY KNOWS WHAT TO DO WHEN SOMEONE IS DYING OR GRIEVING. WE BELIEVE THAT TALKING ABOUT AND PLANNING WELL FOR DEATH IS JUST AS IMPORTANT AS A GOOD CUP OF TEA*. SO, DON'T DIE WITH YOUR END-OF-LIFE PLANS UNMADE, UNSAID, UNSHARED. (*INSERT YOUR BEVERAGE OF CHOICE HERE.) WE ACKNOWLEDGE THAT HOPE FEELS NICE. BUT HOPE IS NOT AN END-OF-LIFE PLAN.

TALKING ABOUT DEATH NEVER KILLED ANYONE. EVER.

WE ARE PRO-COMMONSENSE, AND ANTI-EUPHEMISM. SAY DEAD. DIED. DYING. EXPRESS THESE WORDS WITH ALL THE KINDNESS YOU CAN MUSTER. (BUT PLEASE DON'T PAT PEOPLE OR MAKE THAT WEIRD FACE WHILE YOU DO IT.) WE BELIEVE THAT THE TOPIC OF DEATH ISN'T TABOO, WEIRD OR MORBID. REGARDLESS OF AGE, CULTURE, RELIGION, PROFESSION OR HEALTH STATUS WE ALL BENEFIT FROM OPPORTUNITIES TO PARTICIPATE IN MEANINGFUL RITUALS AND SELF-EXPRESSION ABOUT DEATH.

NO CONVERSATION ABOUT ANY ASPECT OF DYING, DEATH OR LOSS IS OFF-LIMITS.

WE BELIEVE THAT END-OF-LIFE CONVERSATIONS ARE BEST DONE WAY BEFORE EMERGENCY. WE ADVOCATE FOR PRETTY MUCH ANY OTHER PLACE. LOUNGE ROOMS. DINNER TABLES. DURING LONG WALKS. OVER SOUP. WITH CAKE. A HAND-WRITTEN NOTE, DELIVERED WITH LOVE, WILL ALSO GET THE JOB DONE. WE BELIEVE THAT DOING DEATH DIFFERENTLY IS PART MINDSET, PART ACTION. WE DON'T NEED TO WAIT FOR FUNDING. WE DON'T NEED TO ASK PERMISSION. EVERYONE CAN TAKE SMALL STEPS TOWARD CHANGE. DON'T OVER-COMPLICATE IT. GET ON WITH IT. APOLOGISE QUICKLY IF YOU ARE TOO ENTHUSIASTIC.

THE DEATH RATE IS AND ALWAYS WILL BE 100%. #TRUTHBOMB #SORRYNOTSORRY

WE BELIEVE IT IS TIME TO RADICALLY RE-DESIGN THE APPROACH TO DEATH. SO, WHENEVER YOU CAN, COLLABORATE WITH PEOPLE AND ORGANISATIONS OUTSIDE YOUR FIELD. JUST DON'T KEEP DOING THE SAME THING WITH THE SAME PEOPLE.

WE BELIEVE THAT ALL VOICES MATTER IN THIS CONVERSATION.

IT'S NOT UP TO OUR DOCTORS, NURSES, FUNERAL DIRECTORS AND HOSPITALS TO LEAD THE CHANGE ALONE. THEY LITERALLY HAVE ENOUGH TO DO. THE SCRUFFY, LOUD, AND UNCONVENTIONAL ARE WELCOME. THE QUIET, CONSERVATIVE AND WORRIED NEED TO BE INCLUDED TOO. ARTISTS, WRITERS, FILMMAKERS AND CREATIVE PEOPLE ARE CONSTANTLY INVITING US TO THINK ABOUT WHAT IT MEANS TO BE LIVING ON THIS EARTH FOR A LIMITED TIME. IF YOU WANT INSPIRATION, GO TO AN ART GALLERY, THE THEATRE, TALK WITH ARTISTS, DESIGNERS AND SOCIAL INNOVATORS, GET MESSY. WE BELIEVE IN HONOURING THE LIVED EXPERIENCES OF PEOPLE WHO ARE DYING AND BEREAVED. BRINGING TO LIFE THEIR VOICE AND VIEWS WHENEVER WE CAN. PEOPLE WHO DYING ARE NOT HERE TO BE OUR 'INSPIRATION'.

FIND YOUR OWN COURAGE. WE ARE ALL DYING. INSPIRE YOURSELF.

WE BELIEVE THAT EVERY SUBJECT, FROM PRESCHOOL TO PHD, IS AN OPPORTUNITY TO TALK ABOUT DEATH. THERE'S NO NEED FOR A SPECIAL CURRICULUM. READ SHAKESPEARE WITH YOUNG PEOPLE. DO BIOLOGY WITH CHILDREN, STUDY THE ART OF FRIDA KAHLO. WE BELIEVE IN THE POWER OF NETWORKS. CARE NETWORKS THAT SUPPORT PEOPLE WHO ARE DYING AND GRIEVING, PROFESSIONAL NETWORKS THAT PROMOTE AND SUPPORT CHANGE. FUNDING NETWORKS THAT INVEST IN DISRUPTIVE INNOVATION. WE BELIEVE THAT RESEARCH DOESN'T NEED TO BE NERDY OR INACCESSIBLE, WE USE RESEARCH TO INFORM OUR PRACTICE, TO MEASURE OUR OUTCOMES AND TO HELP SHAKE THINGS UP.

WE BELIEVE IN SOCIAL MOVEMENTS. AND MARGARET MEAD QUOTES.

SO... NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD; *indeed, it's the only thing that ever has.*

“Compassioneers”

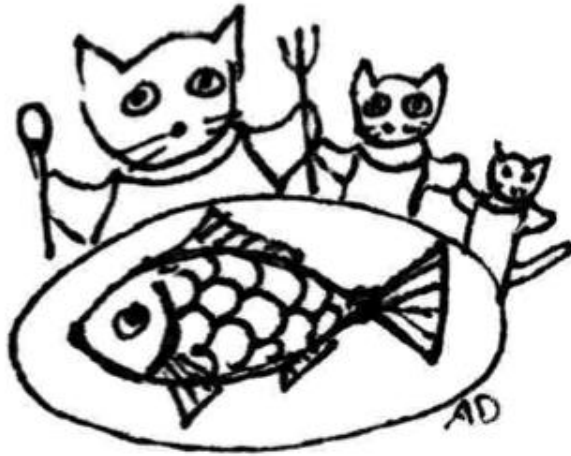
- Let us introduce our new volunteer role “**Compassioneer**” (**Compassion + Pioneer + Volunteer = Compassioneer**). A Compassioneer is a collaborator in conversations and planning around dying and death. Comfortable to converse with adults of all ages and across diverse groups, the role is to listen, educate, signpost and handhold through the decision-making process of end-of-life planning.
- Alongside our Dying to Know Day campaign, we will use our experience in training and volunteer management to recruit, select, train, and support volunteers who want to be part of the social change to encourage all adults living in Australia to take ownership of their and their dependents’ plans for end of life.
- The volunteers will be available online, by phone, and face to face (in a covid safe manner) to:
- Provide initial guidance on the range of end-of-life issues that might be relevant to a person, depending on their life stage and circumstances.
- Provide impartial, evidence-based information through our website information resources and link.
- Provide guidance about how to document and record decisions affecting quality of life, medical and lifestyle care, funeral and death rites, legacy, and celebration.
- Be available over a period of time to maintain motivation and overcome barriers to completing appropriate plans and experiencing the relief and life-affirming benefits of doing so.



Death Literacy and “Groundswell”



Give a Family
a Fish



= Charitable Act

Teach a Family
to Fish



= Sustainability

Organize a Community-
Based, Intergenerational
Fishing Collective



= Social Change