

I AM
LIVING

talking
about life
before death

Living End-of-Life Experiences Video Project

Make a difference.
Share your story.

Your story can make a difference.

Your experience of living the last period of life is a unique and valuable gift that can be shared with others.

Every person will one day reach the end of their life, but the experience of living the last part of life's journey is so unfamiliar that it can be a cause of fear and anxiety for many people.

Your experiences can help people to build a better understanding of what they can expect when approaching the end of their life.

Your story may help them to talk more openly with their family and make more informed decisions about their own care.



Sharing your experience can lead to the relief of some of this anxiety and be a lasting gift of special insight and reflection for those important to you and your community.

Worsening health may change our bodies and limit the things we are able to do, but poor health doesn't change the things that make us who we are – an individual person with special and valuable experiences.

What is the 'Living End-of-Life Experiences Video Project'?

We can shine light on living with advanced illness by making experiences like yours more familiar to people. Together, we can help reduce some of the fear and anxiety about life-limiting illness in our community.

The I Am Living campaign team would like to know what it has been like for you since you were diagnosed with a serious advanced illness.

Unless we have experienced what it's like to live with serious illness or have been close to someone approaching the end of their life, the experience of living with worsening health can be hard to understand and challenging to think about.

By sharing the first-hand experiences of people who are living the last stages of their life, the Living End-of-Life Experiences Video Project aims to help Australians build for themselves a more complete picture of what living with advanced illness and the end-of-life journey can be like.

You can help us to shine a light on living the end-of-life journey.

If you would like to share the story of your experience living with serious advanced illness with your community, the I Am Living campaign would love to hear from you.

The Living End-of-Life Experiences Video Project provides a flexible and respectful opportunity for people who want to share their end-of-life experiences with their family and the broader community by:

- Having conversations with the person living with serious advanced illness, their family members and carers to understand their experiences and the story they want to tell.
- Respectfully filming some of the day-to-day activities of the person, whether in hospital, aged care or at home.
- Filming conversations that explore the person and their family's experience of worsening health, their care and reflections on what it is like for them living the last period of life.
- Making these videos available to the person, their family and the broader community for the purposes of increasing end-of-life awareness and education.

Please get in touch with us.

If you wish to learn more about the Living End-of-Life Experiences Video Project, please contact the Campaign Manager by emailing Campaign.Manager@IAmLiving.org.au or calling 0431 722 032



I've always been upfront with my children about my illness, and so they are all aware of my situation.

Edward

Living with a life-limiting illness



See how others have
experienced a
meaningful end-of-life

iamliving.org.au

I AM
LIVING

talking
about life
before death