

# Book a PalliLearn education course for your community, organisation, business or group



## Palliative care education for everyone

**PalliLearn** aims to build community knowledge, death literacy, compassion literacy and community capacity in relation to serious illness, dying, death and grief by providing quality and easy to understand courses

While the target audience is general community members, anyone can attend the courses

*Courses include: knowledge sharing about the topic, relevant key research findings, practical ways to put these into action, tips for connecting with your local supports and ideas for how to continue your learning*

[palliativecareqld.org.au/pallilearn](http://palliativecareqld.org.au/pallilearn)



An initiative of  
**PalliativeCare**  
QUEENSLAND  
PALLIATIVECAREQLD.ORG.AU/QCC

# BASIC COURSES



Basic courses for anyone with an interest in serious illness, dying, death and grief



60 minutes



Facilitated by health, social or community professionals

## Basic Course Topics

*These courses are delivered via live webinar or face-to-face*



**What is palliative care?**

**Palliative care is more than you think.**

This education course explains what palliative care is, in simple community- friendly language. It will use 10 easy to remember aspects of palliative care, so you can describe palliative care to your friends, family, networks, colleagues and community.



**What matters most to me?**

**What are the things that make life joyful?  
What and who do we value the most?**

This education course helps us to ask important questions so that we can understand what matters most at the end stage of life, therefore improving our ability to complete advance care plans and guide our care decisions for ourselves or others.



**How to nurture compassion**

**Compassion is more than just a thought, and more than a feeling, compassion involves doing something to reduce suffering.**

This education course provides an overview of what is compassion, how do we recognise suffering, awareness common humanity and practical examples of compassion in action.



### Self-care

#### **You can't pour from an empty cup.**

This education course is for everyone. Caring for yourself is just as important as caring for others. This course highlights the role of self-care and provides ideas and strategies to incorporate self-care in your life.



### Your role in a Compassionate Community

#### **Compassionate communities are networks of support around people experiencing serious illness, dying, death and grief.**

This education course is for community members, community groups and community leaders to build their own skills and awareness around compassionate communities and provides information and ideas to nurture compassionate communities in your local area.



### How to have conversations about dying and grief

#### **Conversations about dying and grief are important, but can be hard.**

This education course provides practical tips on how to have caring and compassionate conversations with loved ones, colleagues, neighbours or friends about an area of life we often avoid.



### Palliative caring: planning in 5 steps

#### **Planning is an essential aspect of palliative caring.**

This education course focuses on 5 simple steps to identify an individual's circle of care and collaboratively work together to plan for that person's care needs.



### Talking to children about dying

#### **Children and teenagers experience grief too.**

This education course highlights the importance of, and provides tips on, having simple and honest conversations with children and teenagers about serious illness, dying, death and grief.

# Book a PalliLearn basic course

## Delivery method: Online

- **Cost & inclusions:** \$200 (excl GST)
- **We provide:** co-branded flyer + social media tile for you to share, booking system (eventbrite, including monitoring and communications with participants), marketing on our website and social media, online course platform, participant online resource kit, 60min course (x1 facilitators), online course evaluation and summary course report for you afterwards
- **You provide:** information to help localise the participant resource kit and promotion of the course through your networks
- **Participant numbers:** no minimum or maximum online

## Delivery method: Face-to-face

- **Cost & inclusions:** \$350 (excl GST)
- **We provide:** co-branded flyer + social media tile for you to share, booking system (eventbrite, including monitoring and communications with participants), marketing on our website and social media, online course platform, participant online resource kit, 60min course (x1 facilitators), online course evaluation and summary course report for you afterwards
- **You provide:** the venue (including AV), catering (including welcome tea/coffee + 30 mins break time catering), handouts to localise the participant resource kit and promotion of the course through your networks
- **Potential additional costs:** If located more than 10km from CBD, travel costs from PCQ office in BNE CBD (including staff time + km reimbursement) and parking if required
- **Participant numbers:** Minimum participants 6 and max participant 18. Workshop-style (open roundtables) ensuring venue can manage size with COVID-safe requirements

**Note:** Sponsored courses are available free to participants

**Discounts available if you sponsor multiple courses**

# INTENSIVE COURSES



Intensive courses for people with a passion for caring for people experiencing a serious illness, dying, death or grief and those around them



4 hours



Facilitated by health, social or community professionals

## Intensive Course Topics

*These courses are mainly delivered face-to-face*



LAST AID

### Last Aid\*

Modules include:

- Dying as a normal part of life
- Planning ahead
- Relieving suffering
- Final goodbyes

Facilitated by Last Aid International certified facilitators



COMMUNITY  
PALLINAVIGATOR

### Community PalliNavigator

Modules include:

- Compassionate ear
- How to find information about local services & supports
- How to provide useful help to others
- Self-care



PALLILEADERS

### PalliLeaders\*\*

Modules include:

- Leadership skills
- Media and relationship skills
- Advocacy skills and sharing your story
- Self-care

\* Last Aid is a 4 hour program developed by Last Aid International

\*\* For people working in the sector in leadership roles

# Book a PalliLearn basic course

## Last Aid and Community PalliNavigator Courses

- **Cost & inclusions:** \$1,000 (excl GST)
- **We provide:** co-branded flyer + social media tile for you to share, booking system (eventbrite, including monitoring and communications with participants), marketing on our website and social media, participant resource kit, bump in + 4 hour course (x2 facilitators) + bump out, course banners, course evaluation and summary course report for you afterwards
- **You provide:** the venue (including AV), catering (including welcome tea/coffee + 30 mins break time catering), handouts to localise the participant resource kit and promotion of the course through your networks
- **Potential additional costs:** If located more than 10km from CBD, travel costs from PCQ office in BNE CBD (including staff time + km reimbursement) and parking if required
- **Participant numbers:** Minimum participants 6 and max participant 18. Workshop-style (open roundtables) ensuring venue can manage size with COVID-safe requirements
- **Delivery method:** Face-to-face

## PalliLeaders Course

- **Cost & inclusions:** \$9,000 (excl GST)
- **We provide:** co-branded flyer + social media tile for you to share, booking system (eventbrite, including monitoring and communications with participants), marketing on our website and social media, participant resource kit, bump in + 4 hour course (x1 facilitators + x1 support person) + bump out, course banners, course evaluation and summary course report for you afterwards
- **You provide:** the venue (including AV), catering (including welcome tea/coffee + 30 mins break time catering), handouts to localise the participant resource kit and promotion of the course through your networks
- **Potential additional costs:** If located more than 10km from CBD, travel costs from PCQ office in BNE CBD (including staff time + km reimbursement) and parking if required
- **Participant numbers:** Minimum participants 6 and max participant 18. Workshop-style (open roundtables) ensuring venue can manage size with COVID-safe requirements
- **Delivery method:** Face-to-face

**Note:** Sponsored courses are available free to participants

**Discounts available if you sponsor multiple courses**



## Booking Expression of Interest Form

Company/Organisation:
Contact Name:
Position:
Postal Address:
Office Phone Number:
Mobile:
Email:

Signed:	Printed Name:
Date:	

BASIC COURSES	ONLINE \$200 (excl GST)	FACE-TO-FACE \$350 (excl GST)
What is palliative care?	<input type="checkbox"/>	<input type="checkbox"/>
What matters most to me?	<input type="checkbox"/>	<input type="checkbox"/>
How to nurture compassion	<input type="checkbox"/>	<input type="checkbox"/>
Self-care	<input type="checkbox"/>	<input type="checkbox"/>
Your role in a Compassionate Community	<input type="checkbox"/>	<input type="checkbox"/>
How to have conversations about dying and grief	<input type="checkbox"/>	<input type="checkbox"/>
Palliative caring: planning in 5 steps	<input type="checkbox"/>	<input type="checkbox"/>
Talking to children about dying	<input type="checkbox"/>	<input type="checkbox"/>

INTENSIVE COURSES		
Last Aid	\$1,000 (excl GST)	<input type="checkbox"/>
Community PalliNavigator	\$1,000 (excl GST)	<input type="checkbox"/>
PalliLeaders	\$9,000 (excl GST)	<input type="checkbox"/>

Palliative care is *everybody's* business



For more information or to book a course

✉ [hello@palliativecareqld.org.au](mailto:hello@palliativecareqld.org.au)

📍 [palliativecareqld.org.au/pallilearn](http://palliativecareqld.org.au/pallilearn)



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