PCOC 20 YEARS

Celebrating 20 years in improving palliative care outcomes

Special Edition: May 2026 Newsletter

Celebrating National Palliative Care Week #NPCW2026

Conversation, reflection and honesty were significant values woven into the themes of this years **National Palliative Care Week**. The 2026 **Palliative Care Australia** campaign prompted us to ask ourselves and our loved ones big questions like **'what does living well look like for you'** - all in an intentional effort to **get to the heart of it.**

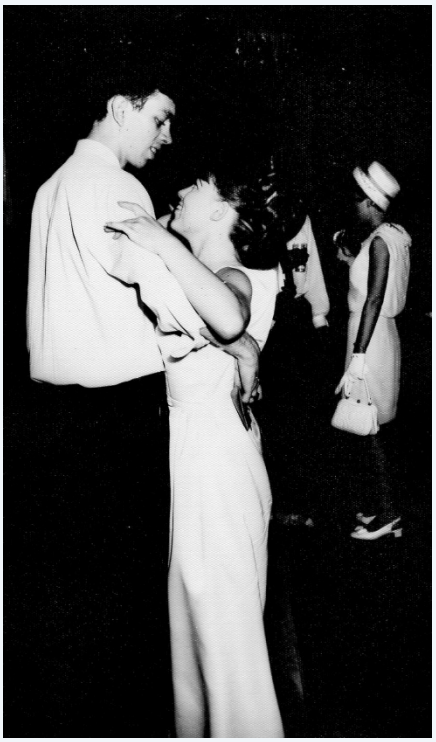
With the campaign aiming to **inspire honest conversations**, we thought there was no better candidates to reflect on what **#GettingToTheHeartOfIt** means to them than the **wonderful members of our Consumer Advisory Panel.**

Reflections from Our Consumer Panel

When we invited our consumers to reflect on the **#NPCW2026 themes**, their responses showed just how **powerful intentional reflection** can be—bringing forward **honest, heartfelt accounts of lived experience.**

Imelda

*‘We know that there will be a reality for each of us and, when that time comes, if we have **started and continued a conversation long before the crucial time arrives** and decisions become much more insistent and confronting, this can bring some **real comfort and provide a reassuring basis for making those decisions**’.*



Howard

‘*My understanding of palliative care comes from being alongside my late wife, my step mother, and my step sister. Living well, even near the end, was about **staying connected to what made each of them who they were**. The small things made a big difference: **honest conversations, clear explanations, and care that felt personal rather than rushed**’.*

Kate

'*As Mum grew stronger, we talked openly about her inevitable death and encouraged her to* ***make a list of the things she wanted to do before she died****...*

Of high importance to Mum was redoing her ***family photograph albums to leave behind for her children, grandchildren and great grandchildren****...When that was complete, we encouraged Mum on other small goals...Our family will miss Mum forever but are eternally grateful that with the support of good palliative care Mum was able to* ***live comfortably for longer than the initial prediction****.'*

Heather

Q. What does support look like when conversation starts early?

'Looks like a ***genuine partnership****. Communication, Communication, Communication. Early palliative care facilitates* ***planning and understanding****. It also* ***reassures people and reduces anxiety.'***

Kathryn

Q. What conversations are crucial to have as people approach the end of life?

'The conversation very much depends on the person and their family- a person like myself wants every detail stated and shared with me and my immediate family. Not everyone needs or wants to know everything- so it's probably always best to start with an open question or two!'

We're so grateful for the members of our Consumer Panel, and are **deeply appreciative** of all their stories shared this week for #NPCW2026. To explore their complete reflections, head to PCOC's LinkedIn.

How We Celebrated Palliative Care Week!

In partnership with our sister program, the **Palliative Aged Care Outcomes Program (PACOP)**, we hosted a **NPCW morning tea** in our Wollongong office located at the Innovation Campus, UOW. Shoutout to PACOP Admin Officer Jules for supplying some delicious treats!

In commemoration of Palliative Care Week, PCOC also received a profile piece in local community magazine **The Illawarra Flame** - click here to check out the story!

Spotted in the wild by our Quality and Innovation Manager, Kylie Draper— **Flinders Street Station in Melbourne lit up in orange commemorating NPCW!**

We hope everyone had a reflective National Palliative Care Week and dedicated some time **#GettingToTheHeartOfIt**! 🤍