

HELP APP Healthy End of Life Planning

This information sheet describes the HELP App to assist your decision in using this app to build your support networks for end-of-life care. The HELP App is designed by the Healthy End of Life Program at La Trobe University for community support and research purposes.

The HELP App assists you by

- Providing an easier way to ask for, offer and accept help in one central online place to plan, share and connect.
- Improving end-of-life experiences for people close to you.
- Building a community culture of confidently offering and receiving support.

You can use the HELP App if

- You are 18 years old or over.
- You are living with life-limiting illness,
OR
- You are a carer and need help for yourself,
OR
- You wish to help someone who currently needs support while receiving or providing care.

The data collected in the HELP App supports the community by

- Generating community-based data on the contribution of Australians in end-of-life care.

We respect your privacy;

- Any information you enter in the HELP App will stay confidential. Data will not be shared with MyGov Health Record. Data reports include de-identified data only.

If you want to withdraw your participation you can simply delete the App and use a printable version to create a HELP Plan for yourself or someone you care for at www.healthyendoflifeprogram.org.

If you want more information contact Dr Andrea Grindrod at:
Email: A.Grindrod@latrobe.edu.au; Telephone: (03) 9479 8823

If you'd like to hear about the outcomes of the HELP Program, reports and publications will be made available at www.healthyendoflifeprogram.org

✓ Simply by using the HELP App, you agree to contribute your data for research purposes. You will not be required to do anything else.

✓ On-shore Australian Data Security

✓ Highest levels of security and privacy

✓ Proven technology

✓ Live help desk

✓ University Ethics Approval HEC22173



Download the
HELP App

Download on the
App Store GET IT ON
Google Play