Monday 19th October – Pre-Conference Workshops / Panels
Session 1 (1:15 – 2:45pm)
Workshop 1: **FROM STANDARDS TO PRACTICE: EXPLORING THE NATIONAL PALLIATIVE CARE STANDARDS WITH PACSA** *Corinthian Room*

Led by Kate Ritchie, Palliative Care Australia

Kate Ritchie is a Registered Nurse and Senior Project Officer at Palliative Care Australia, with experience across regional healthcare, critical care, clinical education, and education design and development.
In her current role, Kate works with palliative care quality improvement resources, including the National Palliative Care Standards and the Palliative Care Self-Assessment (PaCSA). She brings together her clinical, education and project experience to support the development of practical resources that assist health professionals and services to reflect on practice and strengthen the quality of palliative care.
Kate has a particular interest in translating standards and evidence into practical, accessible resources that support quality care across diverse healthcare settings.

Chelsea Menchin, Palliative Care Australia

With more than 25 years' experience working in health policy and project management, Chelsea Menchin has contributed to range of national programs and reform processes in primary care, chronic disease management and mental health.
In her role as National Projects Director at Palliative Care Australia, Chelsea provides strategic oversight to the project team working to develop and implement projects and collaborations that aim to improve awareness of, access to and quality of palliative care for all who need it, from neonates to the elderly. This work includes the Quality Improvement Suite of Resources for specialist and primary palliative care services; PCA Member, sector and stakeholder project collaborations; and the management of the National Register for Palliative Care Consumers and Carers.
Personally, Chelsea is an active volunteer in aged care, social inclusion and homelessness initiatives on Ngunnawal and Ngambri country, in Canberra and the Southern Tablelands region.

Panel 1:
WE'RE NOT TALKING ABOUT THIS ENOUGH: COMMUNITY VOICES ON DEATH, GRIEF AND CARE
Doric Room

Led by Danni Petkovic, Liminal Being

Danni is a Mortality Doula and Death Literacy Educator. She has taught death literacy to medical students at UNSW and MIECAT + Death Literacy Institutes, volunteers at Bear Cottage Children's Hospice, DWDNSW and holds a stewardship role with the Good Death Impact Network. A recognised voice in death literacy advocacy, her work has been featured in podcasts and across ABC Radio National and the Sydney Morning Herald, she previously managed the national Dying to Know Day campaign. She brings community, education and end of life practice together in service of a more death-literate Australia.

Jill Nash, Community Advocate and Volunteer, Ageing and Dying Well Advocate

Jill Nash is an 87-year-old community advocate, dying well advocate, widow and bereaved mother whose six-decade career has spanned television, arts management and education across four continents. She earned her first university degree in her 60s and has never stopped. She serves on Federal MP Nicolette Boele's Ageing Well Working Group and is a long-standing voice for older Australians on death, dying and what it means to age with dignity, choice and intention. She facilitates this panel not only as a moderator, but as someone with skin in the game.

Sally Douglas, Good Mourning

Sally Douglas is a grief educator, speaker, certified coach and co-founder of Good Mourning, a globally recognised grief support platform and podcast with over 1.2 million downloads. Following the sudden death of her mother, she became passionate about changing the way we talk about and move through grief. She is co-author of the bestselling book Good Mourning: Honest Conversations About Grief and Loss and has been featured across ABC, BBC Radio, the Sydney Morning Herald and Women's Health Australia.

Richard Boele, Father, Bereaved Parent and Lived Experience Advocate

Richard Boele is a father, lived experience advocate and community voice on palliative care access and end of life support, living in regional NSW. He speaks from the lived reality of losing two children to life-limiting illness, one with and one without adequate palliative care support. His advocacy centres on the gaps younger Australians and their families face when navigating health, aged care and disability systems at end of life, and what community and clinical care can offer when they work together.

John Milham, Men's Wellbeing Advocate, Compassionate Connector, Men's Coach, Suicide Prevention Trainer

John Milham is a widower, father, lived experience advocate and men's wellbeing coach based in Sydney. After navigating profound personal loss, he committed to over a decade of community work in suicide prevention, peer support and men's grief. He works with organisations including Standby National, the Raise Foundation and Mentoring Men, and chairs Northern Beaches Cares, a Wesley National Suicide Prevention Network group. His work focuses on reaching men where they are, before crisis, through connection, peer support and lived experience.

Session 2 (3:15 – 5:15pm)
Workshop 2: **JUST INCLUDE ME: SUPPORTING PEOPLE WITH INTELLECTUAL DISABILITY WITH PALLIATIVE CARE, DYING AND GRIEF** *Corinthian Room*

Led by Rana Karakus, Council for Intellectual Disability

Rana is the Project Coordinator, Health at Council for Intellectual Disability. She works on the Health team, which includes the End of Life, and My Relationships Matter projects, to support people with intellectual disability, and health professionals to improve health outcomes and inclusive health practice. She holds a Master of Public Health and focuses on equitable health outcomes for priority population groups.

Robert Lewis, Council for Intellectual Disability

Robert Lewis is a Board Director at the Council for Intellectual Disability. With his leadership and experience in advocacy, Robert's passion is that the rights of people with intellectual disability are upheld. He wants to be a role model for other people and help young people by listening to their ideas.

David Pech, Council for Intellectual Disability

David Pech is an Inclusion Project Officer in the End of Life project at the Council for Intellectual Disability. He has had the privilege of working with and for people with disability for more than 13 years. The Council for Intellectual Disability (CID) is a disability rights organisation that advocates for people with intellectual disability living in NSW. CID works using co-production, which means that people with intellectual disability have a voice and contribute to every part of their work.

Workshop 3:
WHEN WORDS MATTER MOST: COMMUNICATION AND CULTURAL SAFETY IN PALLIATIVE CARE
Doric Room

Led by Una Turalic, Northern Sydney Local Health District & NSW Transcultural Mental Health Centre

Una Turalic is a Senior Multicultural Development Officer with Northern Sydney Local Health District and a Sessional Senior Cross-Cultural Consultant and Multilingual Counsellor with the NSW Transcultural Mental Health Centre. With more than 18 years' experience across multicultural health, mental health, palliative care and health literacy, she is recognised for strengthening culturally responsive care and advancing health equity for culturally and linguistically diverse (CALD) communities. Una is an experienced clinician, educator, researcher and conference presenter who has led workforce capability, service improvement and system-wide initiatives across NSW Health, while contributing to peer-reviewed research that advances culturally responsive healthcare and problem gambling practice. As someone from a refugee background, she understands the challenges of navigating healthcare in a new country and is deeply committed to ensuring every person can access safe, equitable and person-centred care, regardless of their language, culture or background. She is passionate about empowering health professionals with practical skills that improve communication, cultural safety and health outcomes.

David Gillet, Nepean Blue Mountains Local Health District

David Gillett is a Senior Aboriginal Health Worker with the Supportive and Palliative Care Service at Nepean Blue Mountains Local Health District. He is a respected advocate for culturally safe, person-centred care and has extensive experience supporting Aboriginal people and their families through serious illness, palliative and end-of-life care. David works collaboratively with patients, families, communities and multidisciplinary teams to ensure care respects cultural values, family connections and individual preferences. Passionate about improving health equity, he is committed to strengthening the cultural capability of the health workforce and fostering meaningful partnerships between health services and Aboriginal communities. Through education, mentoring and collaboration, David empowers clinicians to deliver compassionate, culturally responsive care that improves the experiences and outcomes of Aboriginal people at every stage of their palliative care journey.

Emma Dixon, Nepean Blue Mountains Local Health District

Emma Dixon is the End of Life and Palliative Care Nurse Educator for Nepean Blue Mountains Local Health District (NBMLHD). She supports the interdisciplinary workforce in end-of-life care, palliative care, and advance care planning across a range of healthcare settings. Emma is passionate about developing education and training resources that equip both generalist and specialist clinicians with the knowledge, skills, and confidence to provide holistic, person-centred palliative care.

Workshop 4:
EVIDENCE-BASED THERAPIES FOR BREATHLESSNESS ARE ALL NON-PHARMACOLOGICAL – HERE'S HOW YOU USE THEM
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Led by Mary Roberts, Westmead Hospital

Mary is a Clinical Nurse Consultant (CNC) working for Westmead Hospital, in Sydney. She has over 35 years experience working in Respiratory Medicine in a range of settings including both inpatient and outpatient units, respiratory outreach services, pulmonary rehabilitation and also runs a 24hour respiratory hotline providing care and advice to patients with respiratory disease. She has a Masters in Palliative Care. Mary has a special interest in breathlessness management and co-leads the Westmead Breathlessness Service with Dr Tracy Smith. Mary is an active member of the Lung Foundation Australia and Thoracic Society of Australia and New Zealand and received the prestigious Lung Legend award from the LFA.

Tim Luckett, Westmead Hospital

Tim is Associate Professor at the University of Technology Sydney's IMPACCT research centre (Improving Palliative, Aged and Chronic Care through Clinical Research and Translation). His work focuses on developing and evaluating complex interventions to improve quality of care and outcomes for people with life-limiting illness and their families, with a particular focus on self-management of symptoms like breathlessness and pain. Tim uses co-design, qualitative methods and questionnaires to learn from people with life-limiting illness, their families and clinicians about what works best and why.

Dr Ester Klimkeit, Westmead Hospital

Ester has a doctorate in Clinical Psychology and is currently employed in Westmead Hospital's COPD Breathlessness Clinic. Ester has previously worked at Monash University in research and lecturer positions, Monash Health (HARP: Hospital Admissions Risk Program; working with patients with chronic conditions and/or complex psychosocial conditions) and in Private Practice. Her interests include anxiety and depressive disorders, and health psychology.

Heather Stephenson, Westmead Hospital

Heather is an Accredited Practising Dietitian with over 20 years experience in clinical dietetics specialising in a range of areas including respiratory and women's health. Heather has worked in the Westmead Breathlessness Service for over 10 years and enjoys working in a multidisciplinary team delivering a range of practical solutions to the challenges patient face in many aspects of their everyday lives.

Muneeba Chaudhry, IMPACCT, University of Technology Sydney

Muneeba is a Clinical Exercise Physiologist and Project Officer at the Centre for Improving Palliative, Aged and Chronic Care through Clinical Research and Translation (IMPACCT), University of Technology Sydney. She is passionate about amplifying lived experience as a form of expertise and using creative approaches to develop person-centred self-management support in life-limiting illnesses. She coordinates the BREATHE Project – an MRFF-funded national research initiative in collaboration with Lung Foundation Australia. The project partners closely with people living with COPD, support persons, and healthcare professionals to co-design and feasibility-test an optimal breathlessness episode recovery plan and supporting resources.

Dr Tracy Smith, Westmead Hospital

Tracy is a respiratory physician at Westmead in western Sydney. She has extensive clinical experience in palliative care. Her clinical and research interests are in COPD, and particularly management of breathlessness. Along with Mary Roberts, she co-leads a breathlessness clinic at Westmead and has recently completed an RCT focussing on non-pharmacological management of breathlessness in COPD – the 1st such RCT outside of Europe.

Bronwen Hewitt, Liverpool Hospital

Bronwen is a Senior Physiotherapist in Specialist Palliative Care in South Western Sydney Local Health District.