

# Test your knowledge with some simple questions

Palliative care is seen to be core business for aged care. How much do you know about death and dying in Australia and expectations of aged care services?



**1**

I am a 67-year-old person, where am I most likely to die?

- a. In my own home
- b. In hospital
- c. In an aged care home

**2**

I am an 87-year-old person, where am I most likely to die?

- a. In my own home
- b. In hospital
- c. In an aged care home

**3**

In 2022, what was the median age of death for men and for women?

- a. 79.7 years for men and 85.0 years for women
- b. 82.2 years for men and 86.1 years for women
- c. 71.8 years for men and 81.7 years for women

**4**

**Which of the following are the two top causes of death in Australia?**

- a. Lung cancer
- b. Dementia including Alzheimer's disease
- c. Covid-19
- d. Cerebrovascular disease
- e. Coronary heart disease

**5**

**Aged care providers need to be active to meet Outcome 5.7 of the Strengthened Standards. Which of the following actions are required?**

- a. Processes to recognise when the individual requires palliative care or is approaching the end of their life, supports them to prepare for the end-of-life and responds to their changing needs and preferences
- b. Supports for the individual, supporters of the individual and other persons supporting the individuals and substitute decision-maker
- c. Uses its processes from comprehensive care to plan and deliver palliative care
- d. Implements processes in the last days of life

**6**

**How do we let My Aged Care know that someone has passed away?**

- a. Through the Australian Death Notification Service
- b. By calling My Aged Care on 1800 200 422
- c. Using your My Aged Care Online Account

## Answers

**1**

**b) In hospital**

Sadly, even though most of us would like to remain at home and die in our own bed, around 50% of people aged over 65 years die in hospital.

**2**

**c) In an aged care home**

For people aged 85 and over, residential aged care is the most common place of death (50%). Aged care is already supporting many older people at the end of life.

**3**

**a) 79.7 years for men and 85.0 years for women**

Fifty years ago people over 80 only made up 1.4% of the population. Now, even though our population is much bigger, people over 80 make up 4.3% of our population. Many of these will be involved with aged care.

**4**

**b) Dementia including Alzheimer's disease and  
e) Coronary heart disease**

Coronary heart disease becomes more common after in people over 45 years but for those over 85 years dementia is the leading underlying cause of death. Palliative care awareness, knowledge and skills are needed by aged care staff.

## 5

### All four

Aged Providers need to carry out all four actions to meet the palliative care and end-of-life care outcomes in Outcome 5.7. The Strengthened Aged Care Standards have noted the importance of palliative care and end-of-life care.

## 6

### All three are possible

Death is a reality of life. When someone who is registered with My Aged Care passes away, the family or a responsible person will need to let My Aged Care know so that their record can be closed.

## Why does this matter?

There are many aspects of death and dying in Australia. But our population is ageing and as we age our need for care can increase. Aged care has a special role in helping older people to live well. We need to consider how we can provide effective, respectful and compassionate care as older people come to the end of their life.

## Finding out more

Australian Institute of Health and Welfare. [What do Australians die from? \[Internet\]](#). Canberra, ACT: AIHW; 2024 [updated 2024 June; cited 2025 Mar 17].

Australian Institute of Health and Welfare. [Interfaces between aged care and health systems in Australia—where do older Australians die? \[Internet\]](#). Canberra, ACT: AIHW; 2021 [cited 2025 March 17].

Australian Institute of Health and Welfare. [Deaths in Australia \[Internet\]](#). Canberra, ACT: AIHW; 2024 [cited 2025 March 17].

My Aged Care. [Letting My Aged Care know when someone passes away \[Internet\]](#). Australian Government: My Aged Care; 2025 [cited 2025 March 17].