

The impact of Violet's Guided Support Programs*

 76% Carers are women

 Average age 50-75yrs

 The majority are caring for a parent or a partner

 Most calls take place between 7pm & 11pm

VIOLET'S CONTRIBUTION TO POSITIVE CHANGE AS PEOPLE NAVIGATE THE LAST STAGE OF LIFE		
KNOWLEDGE Address knowledge gap	EMPOWERMENT Address confidence gap	ACTION Putting into place what matters most
CONTEMPLATION	PREPARATION	ACTION
BASED ON THE TRANS-THEORETICAL MODEL OF HEALTH BEHAVIOUR CHANGE (PROCHASKA & DICLEMENTE)		
AFTER 2 SESSIONS* WITH VIOLET		
<p>100% of Carers have a better sense of what to expect when their loved one is dying (+50% from 1 session)</p>	<p>84% of Carers know where to go for support</p>	<p>100% of Carers tell us they feel better equipped to engage in end-of-life conversations</p>
<p>87.5% of Carers have a better sense of how to implement self-care (+40% from 1 session)</p>	<p>90% of Carers feel validated and empowered after their session with Violet</p>	<p>3/5 Carers tell us they accessed palliative care subsequent to Violet's support</p>
COMMON AREAS OF PRIORITY CONCERN FOR CARERS		
<p>58% of Carers discussed the challenges of balancing caring duties on their life & work</p>	<p>77% of Carers discussed family dynamics</p>	<p>71% of Carers discussed how to take action</p>
WHAT IS THE 'MOST SIGNIFICANT CHANGE' AS A RESULT OF VIOLET'S SUPPORT?		
<p>"I had the confidence to deal with the difficult conversations and how to raise them"</p>	<p>"I knew what to expect and what conversations to have ... being able to make the most of the precious time I had left with Mum and being with her until the end"</p>	<p>"I was able to take mum out of hospital and give mum the care she deserved at home"</p>

*Extracted from Violet's Outcomes and Impact Framework, developed in partnership with Social Ventures Australia 2021