The impact of Violet's Guided Support Programs*



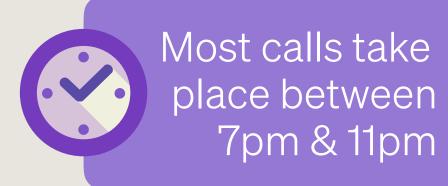
76% Carers are women



Average age 50-75yrs



The majority are caring for a parent or a partner



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)					
100%	of Carers have a better sense of what to expect when their loved one is dying	84%	of Carers know where to go for support	100%	of Carers tell us they feel better equipped to engage in end-of-life conversations
87.5%	(+50% from 1 session) of Carers have a better sense of how to implement self-care (+40% from 1 session)	90%	of Carers feel validated and empowered after their session with Violet	3/5	Carers tell us they accessed palliative care subsequent to Violet's support

COMMON AREAS OF PRIORITY CONCERN FOR CARERS

58%

of Carers discussed the challenges of balancing caring duties on their life & work

77%

of Carers discussed family dynamics

71%

of Carers discussed how to take action

WHAT IS THE 'MOST SIGNIFICANT CHANGE' AS A RESULT OF VIOLET'S SUPPORT?

"I had the confidence to deal with the difficult conversations and how to raise them" "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"

"I was able to take mum out of hospital and give mum the care she deserved at home"

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