

# Waving Not Drowning<sup>1</sup>

## **Creating a Virtual Palliative and Supportive Care Community in the bush.**

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**GREATER WESTERN**  
AREA HEALTH SERVICE  
**NSW**  **HEALTH**

# In the Beginning

- Began as collaborative project between Greater Western Area Health Service. Palliative and Supportive Care services and the Arts & Health Coordinator at Bathurst Base Hospital, Christine McMillan
- Recognised potential for isolation in rural Palliative Care community. “Open Doors”
- Internet provided means to create interactive opportunity for patients and carers via blog.

# What can the blog offer?

- The blog site is a place where palliative patients or their carers can get information or links to resources and support in their local community (and outside their local area)
- This blog site creates an opportunity for palliative patients and their carers to communicate to others in a similar situation by sending an entry which will be posted on the blog which others can read and respond too.

# How is it done?

- Blogger is a free publishing tool from Google.
- The CNC Palliative Care/Health& Arts Coordinator administrate the site. i.e. Decide on content.
- Main barriers initially where related to security issues. This was overcome by the creation of a draft box which prospective entries are sent to and viewed by administrators of site before publishing on blog.

# Spreading the word

- Flyers created describing purpose of blog and site address.
- Discussion with local palliative care and oncology services.
- Blog flyer part of initial assessment information package.
- Radio interviews with local radio stations.
- Article in local papers.
- Series of workshops. “Embrace your Life”

# Four months down the road

- Full potential of blog as interactive site still not realised.
- Blog used mostly as information resource hub.
- As people become more confident and aware of blog, I think we will see more people take advantage of the opportunity to communicate to others.

# Seeing is Believing!

- A quick guided tour:
- [www.wavingnotdrowning1.blogspot.com](http://www.wavingnotdrowning1.blogspot.com)



● Thank you !!

