

## Where can I find more information?

Every person is different and has different needs. It is important to know what care and support is available and how to receive it.

[www.palliativecare.org.au](http://www.palliativecare.org.au) is the website of Palliative Care Australia. Here you can find more information and links about palliative care and the following resources:

*National Palliative Care Service Directory* – an online searchable directory of palliative and end of life care services across Australia.

*What can I say – What can I do? when someone I know is living with a terminal condition* – strategies for making a difference to help you help someone you know who is living with a terminal condition.

*Now what? understanding grief* – information about grief and bereavement.

*Facts about morphine and other opioid medicines* – information on the facts and myths about medicines used in palliative care.

*Asking questions can help* – a booklet with a list of questions you may wish to ask when you are seeing a member of the palliative care team. This question list helps you get the information you want about palliative care and your illness.

*A Journey Lived* – a collection of short stories on personal experiences with dying and death and on the assistance that can be provided by palliative care.

*Standards for Providing Quality Palliative Care for All Australians* – a list of standards that guide the delivery of quality palliative care in Australia.

*Patient Rights and Responsibilities* – patients receiving palliative care have a number of rights and responsibilities which are set out in this brochure.

[www.livingcaringworking.com](http://www.livingcaringworking.com) – a website for people in the workplace either living with, caring for or working with someone with a terminal condition.



## Key Contacts

Palliative care national number: 1800 660 055

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Palliative Care Council of South Australia  
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## National Community Education Initiative



# What is Palliative Care?

The PCA National Community Education Initiative is supported by the Australian Government Department of Health and Ageing.

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Palliative  
Care  
Australia

## What kind of care is available?

Quality care at the end of life is specialised care and support that recognises the unique needs of a person who has a terminal condition, and their family and carers.

Most people with a terminal condition will be cared for by their general practitioner and community nurses. These health professionals are supported by specialist palliative care services to ensure all people receive the highest quality care to meet their needs.

The goal is to improve quality of life for patients, their families and carers by providing care that addresses the many needs patients, families and carers have such as physical (including treatment of pain and other symptoms), emotional, social, cultural and spiritual.

The aim is to help the person live as well as possible. Support is also offered to help family and carers manage during the patient's illness and in bereavement.

As a person receiving care, the patient is an important partner in planning their care and managing their condition. Family and carers also have an important role in this area. When people are well informed, participate in treatment decisions and communicate openly with their doctors and other health professionals, they help make their care as effective as possible.

Care planning is an important process in ensuring the patient's wishes, in relation to care, are met. Patients should speak to their doctor about anticipating their changing needs through advance care planning. Discussions about appointing a substitute decision maker may also be important.

*My first reaction was "but we don't need palliative care". I feared what this meant. I felt more comfortable when I realised that palliative care was much more than just nursing a dying person – it was about holistic support and understanding, ensuring that my husband could still "live" as best he could in the time he had left. I know my family would not have coped nearly as well physically and emotionally without it.*

## What is specialist palliative care?

A small number of people experience severe or complex problems as their condition advances. These people may be referred to a specialist palliative care service where a team of specialist professionals will work to meet their needs.

Alternatively, the patient's general practitioner may seek advice from a specialist palliative care service on the patient's behalf.

## Can I still have active treatment for my illness?

Yes – treatment aimed at curing illness can often be continued. The focus of care is maintaining quality of life and meeting the needs of the person, their family and carers.

## Who provides care?

Care can be provided by a number of different health professionals, depending on:

- the needs of the patient
- the resources and needs of the family and carers.

Many health professionals may be involved in delivering care and generally they will work as part of an interdisciplinary team. A care team may include:

- general practitioners
- specialist palliative care doctors and nurses
- specialist doctors – oncologists, cardiologists, neurologists, respiratory physicians
- nurses
- allied health professionals – pharmacists, occupational therapists, physiotherapists
- social workers
- grief and bereavement counsellors
- pastoral care workers
- volunteers.

## Who should I talk to about palliative care?

You can talk about your needs with your doctor or regular care team. You can also consult the *National Palliative Care Service Directory* to find a service that provides care in your area.

## Where can I receive care?

Care can be provided in:

- the home
- a hospital
- an aged care home
- a hospice.

Most people with a terminal condition prefer to receive care at home, but this will depend on many factors, including:

- the nature of the illness
- how much support is available from the person's family and community
- whether the person has someone who can care for them.

## If I am in pain, how will it be eased?

Not everyone with a terminal condition will experience pain. If patients do experience pain, in almost all cases it can be relieved.

There are many pain management medicines that can be given in different ways – tablets, liquids, injections, patches. There is also a wide range of medicines and other treatments that can be combined to improve pain relief.

Some complementary therapies, such as massage, acupuncture or aromatherapy can also be helpful in relieving pain.