

Who is palliative care for?

It is for people with very bad sickness, so bad that the sickness will take their life.

Palliative care helps the sick person and their family and carers too.

When can palliative care help?

It can help at all times of the sickness. This can be for days, months or years before the time of sorry business.

You choose when you need help. Some people want help as soon as they are told they are sick.

It can be given along with doctor's treatments or after treatments have ended.

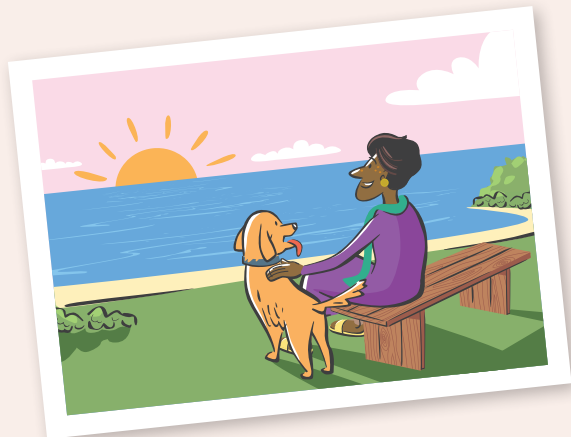
You can use palliative care for a bit and then stop. Then you can start again. As many times as you need it, you can get it. It is up to you.

What is End-of-life Care?

End-of-life care helps the person in the last few weeks before they die. Most sick people and their carers need much more help at this time.

At this time, all parts of the palliative care team work together. They make sure that all of the person's needs and wishes are met as well as they can be.

This goes right up to the time that the person is dying and their death. The palliative care team can also help the family and carers during the time of sorry business.



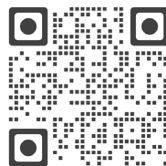
How do I get palliative care or find more about it?

Speak to one of these people. They can talk to you and help you;

- Your Doctor
- A Nurse
- Allied Health Professional
- Aboriginal Community Controlled Health Organisation (ACCHO) - Health Worker
- Hospital Liaison Officer
- Social Worker
- Aged Care Service Coordinator or Care Worker

To find out more, visit the website at morethanyouthink.org.au

Or contact Palliative Care Tasmania www.pallcaretas.org.au



morethanyouthink.org.au

Palliative
Care *It's more
than you think.*



Palliative means to give comfort. Palliative care helps people with a sickness that will shorten their life. It helps them to live as well as they can, for as long as they can.



What is palliative care?

Palliative care gives the best health care and help for people living with bad sickness. It helps them with pain and other problems that the sickness may cause. It does not make death faster or slower.

Palliative care finds out what you need and want to live your best life. These needs can be for body, mind, spirit or culture. It makes sure that your wishes for your care are known and respected.

It is based around family. That means your family and carers can get help too.

Palliative care helps with things like:

- Pain and other problems, such as vomiting or being short of breath
- Managing medicines
- Eating for best health
- Needing to move around or sleep better
- Making plans for any treatment you may want later
- Choosing what kind of care you want later in the sickness
- Getting things you need to help with your care at home
- Getting families together to talk about sensitive issues
- Telling about other services that can help, like home help and money business
- Meeting cultural needs
- Emotional, social and spiritual needs
- Counselling and help with grief for you and your family and carers
- Getting respite care services
- Being there for your family and carers at sorry business time.

Who is in the palliative care team?

Care can be given by all kinds of people, health workers and other services. It is often given by GPs and other doctors.

Aged care services can give palliative care in aged care homes or in people's homes.

Palliative care has a specialist service too. It can help if parts of the sickness become hard to deal with (such as pain or problems like vomiting or being short of breath). These services can be given if you stay in hospital or if you just visit hospital or a health care clinic.

Services can be provided by a palliative care doctor or nurse practitioner. They are helped by a palliative care team.

Palliative care teams may have many kinds of people, like:

- Doctors
- Nurses
- Allied Health Professionals
- Social Workers
- Chemists
- Physiotherapists
- Occupational and Speech Therapists
- Psychologists
- Dietitians
- Spiritual or Pastoral Workers
- Special Trained Volunteers.

Where is palliative care provided?

When it is possible, palliative care is given where the person and their family choose. This may be:

- At home
- At their local general practice or primary health care clinic
- At a palliative care outpatients facility
- In hospital
- In a hospice (a healthcare place that helps people who are close to dying)
- In an aged care home.

Many people want to be at home when they die. This wish is respected if it can be. This depends on:

- The type of sickness and how much care the person needs
- How much help the person's family and community can give
- The person having someone at home who can care for them.

