

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



**Palliative care is high-quality health care and support for people living with a life-limiting illness and their families. It helps people live as well as possible by managing pain and symptoms to ensure their quality of life is maintained as the illness progresses.**

Palliative care identifies and treats symptoms and issues associated with a life-limiting illness which may be physical, emotional, spiritual or social. Palliative care is a family-centred model of care, meaning that family and carers can also receive practical and emotional support.

**How do I get palliative care or find more information?**

Speak to a healthcare professional for referral to palliative care services.  
For more information in the following languages, visit:



**Mandarin**  
“临终关怀：不止于此！”网站



**Cantonese**  
「舒緩治療：不止於此！」網站



**Vietnamese**  
Trang web Chăm sóc Giảm nhẹ:  
Điều này nhiều hơn những gì bạn nghĩ!



**Hindi**  
पैलिएटिव देखभाल: यह आपके अनुमान से ज़्यादा है! वेबसाइट



**Arabic**  
موقع الرعاية التلطيفية أكثر مما تعتقدون!



**Spanish**  
Sitio web Cuidados paliativos: ¡Son más de lo que usted piensa!



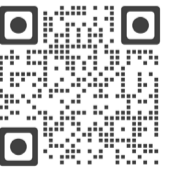
**Italian**  
Sito web Cure palliative: sono più di quanto pensate!



**French**  
Les soins palliatifs : Bien plus que vous croyez !



**German**  
Website Palliativversorgung – mehr, als Sie vielleicht meinen!



**Greek**  
Παρηγορητική φροντίδα: Είναι περισσότερο από αυτό που νομίζετε! Ιστότοπος

Speak to a healthcare professional for a referral to palliative care services.  
To find out more, visit the website at [morethanyouthink.org.au](http://morethanyouthink.org.au)



Or contact Palliative Care Tasmania  
[www.pallaretas.org.au](http://www.pallaretas.org.au)



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