

# Palliative Care

*It's more than you think.*



## What is palliative care?

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. It makes sure that their wishes for their care are known and respected. It tries to meet their needs and wants for their body, mind, spirit and culture.

## Who is palliative care for?

Palliative care is for all ages, from babies to elders. It helps the sick person and their family and carers too.

You can choose when you need it. Some people want palliative care as soon as they have been told they have the sickness. Help 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.

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

## Who is in the palliative care team?

Palliative care may be given by all kinds of people. These people can be doctors, aged care workers, other health care workers, or family and other carers.

There are also special services in palliative care that can help if the sickness becomes hard to deal with.

## Where is palliative care given?

Most of the time, palliative care can be where the person and their family choose. This can include:

- At home
- In hospital
- In a hospice (a health care place that helps people who are near to death)
- In an aged care home

Many people want to die at home. These wishes are respected when they 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.

## How do I get palliative care?

For help and information ask your:

- Doctor
- Aboriginal Community Controlled Health Organisation (ACCHO) - Health Worker
- Hospital Liaison Officer
- Nurse

## Where can I find more information?

To find out more, visit the website at [morethanyouthink.org.au](http://morethanyouthink.org.au)

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



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