

Palliative Care

It's more than you think.



What is palliative care?

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 that may be physical, emotional, spiritual or social.

Who is palliative care for?

Palliative care is for people of any age who have been told that they have a serious illness that cannot be cured.

For some people, palliative care may be beneficial from the time of diagnosis with a serious life-limiting illness. Palliative care can be given alongside treatments given by other doctors.

Who is in the palliative care team?

Palliative care may be provided by a wide range of people, this may include your GP, aged care workers, cardiologist and any other health care provider, as well as family and other carers. They are supported by specialist palliative care services if symptoms become difficult to manage.

Where is palliative care provided?

Palliative care is provided where the person and their family wants, where possible. This may include:

- At home
- In hospital
- In a hospice
- In a residential aged care facility

Many people indicate a preference to die at home and making this possible often depends on several factors, including:

- The nature of the illness and amount of care the person needs
- How much support is available from the person's family and community
- Whether the person has someone at home who can provide physical care and support for them.

How do I get palliative care?

For help and information ask your:

- Doctor
- Aboriginal Health Worker
- Hospital Liaison Officer
- Nurse

Where can I find more information?

For more information contact the palliative care peak body in your state or territory.
palliativecare.org.au/members/



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