



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

The ultimate aim of palliative care is to help your patients live as well as possible, for as long as possible.

What is palliative care?

Palliative care plays a fundamental role in the care of people with life-limiting illnesses and their families, helping to improve the quality of life across a patient's illness journey. This involves prevention, early identification, assessment, and management of a multitude of problems, including medical, psychosocial and spiritual.

Palliative care enhances quality of life by treating burdensome symptoms throughout the disease journey – not just at the end of life. Palliative care specialists often work in conjunction with other specialist medical teams in a shared care model to support patients. Their involvement does not require stopping treatment used to stabilise or manage a condition.

Who is palliative care for and when should they receive it?

Palliative care is appropriate for anyone with a life limiting illness. Every service has a slightly different criteria for referral. However, in general referrals to palliative care are appropriate for patients diagnosed with advanced and progressive life-limiting conditions that have complex physical, psychological, or social problems.

How can palliative care help you and your patients?

Early palliative care has been shown to prolong life, as well as improve quality of life and reduce symptom burden. It also reduces the number of hospital admissions, and visits to the emergency department, as well as shortening hospital lengths of stay.

Palliative care can help with specific issues such as:

- Symptom management
- Equipment needs
- Future planning
- Providing support to families and caregivers
- Complex end of life care

How do I access palliative care for my patients or find out more information?

Speaking to your local palliative care service will provide you with up to date information about the services available in your area.



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To find out more, visit
www.morethanyouthink.org.au
Or Palliative Care Australia @
www.palliativecare.org.au



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