

Palliative care: It's not just end of life



Greater Choices
for At Home
Palliative Care

What is palliative care?

- Palliative care is person and family-centred care provided for someone with an active, progressive advanced disease where the primary goal is to optimise quality of life
- It aims to allow people to live life fully and comfortably
- Palliative care can help manage physical, emotional, spiritual or social issues associated with a life-limiting illness
- Palliative care is not just care for a person's final days. Some people may live with their condition for some time (sometimes for years) and their care needs may change over time

Who is palliative care for?

- Anyone who has a life-limiting illness; not only people with cancer, but also people diagnosed with chronic conditions like dementia, heart failure, Parkinson's disease and Chronic obstructive pulmonary disease
- People of any age
- It can be started at any stage; even from diagnosis of a life-limiting illness

Who is in the palliative care team?

Palliative care can be provided by a wide variety of professionals including your GP, specialists and allied health professionals, as well as family and carers. If symptoms become difficult to manage, specialist palliative care services may become involved.

Which services can be part of palliative care?

- Symptom relief
- Resources such as equipment to aid in home care
- Assistance to help aid patient and family discussion and planning
- Links to other services such as financial help
- Support to meet cultural obligations
- Social and emotional support
- Counselling and grief support
- Referrals to respite care

Resources

Empower yourself with forward planning and education. There are many resources, fact sheets and online courses to help:

- Palliative Care Australia
www.palliativecare.org.au
- Palliative Care Victoria
www.pallcarevic.asn.au



For more information, visit:
murrayphn.org.au/thecaringcircle/

