

## Support for families

All carers including family members, community members and friends can receive practical and emotional support. Temporary respite care can be arranged if the family chooses.

## Bereavement support

Grief and loss can be overwhelming. Ongoing support for grieving family members and carers is available through your local palliative care service.

## How to get palliative care

Anyone can ask for a referral for palliative care support, including the person living with the illness.

### For help and information ask your:

- Doctor
- Aboriginal Health Worker
- Aboriginal Hospital Liaison Officer
- Community Home Support Program Worker
- Nurse
- Aboriginal Patient Pathway Officer

The cover of this Brochure was painted by Janey Brown originally from Yuendumu.

*The painting depicts traditional healers (Ngangkari's) surrounding the person who is unwell paying attention to matters of the spirit. The outer image depicts community coming together for sorry business.*

## Do you need more information?

For more information about palliative care contact Palliative Care South Australia Inc.

Telephone: 08 8271 1643

Website: [www.palliativecaresa.org.au](http://www.palliativecaresa.org.au)

Palliative Care South Australia .  
PO Box 435, Fullarton SA 5063

*A copy of this pamphlet can be downloaded from Palliative Care South Australia Inc website: [www.palliativecaresa.org.au](http://www.palliativecaresa.org.au)*



# PALLIATIVE CARE

Some questions answered



**PalliativeCare**  
SOUTH AUSTRALIA

## What is palliative care?

Palliative care helps people to be as comfortable as possible so they can live as well as they can while living with a diagnosis of a life limiting or terminal illness.

## What do palliative care services provide?

Palliative care service providers offer medical, nursing and allied health advice and support to help take care of any problems that may arise and support for the family.

### After talking with the person who is sick and their family, the palliative care team may provide:

- Access to resources such as home nursing equipment.
- Assistance for families to come together to talk about sensitive issues.
- Practical advice and support about comfort.
- Relief of pain and other symptoms e.g. vomiting, shortness of breath.
- Access to other services such as home help and financial support.
- Help to find support for meeting cultural obligations.

- Support for emotional, social and spiritual concerns.
- Counselling and grief support when needed.

## Working together

The palliative care team in your area can work together with your local Aboriginal Health Service or General Practitioner or GP Plus Centre to help meet the needs of a person who is sick and their family.

## Who is in the palliative care team?

- Doctors
- Nurses
- Social workers
- Bereavement/Grief counsellors
- Volunteer support workers

## Who can have palliative care?

Palliative care is for anyone of any age who has been told they have an illness that cannot be cured such as cancer, motor neurone disease, dementia or end stage kidney or lung disease.

## Where is palliative care provided?

Palliative care is provided where the person and their family wants, where possible.

### For example:

- At home
- In hospital
- In a hospice
- Residential health care facilities

Palliative care advice and support can be obtained in metropolitan and most country areas. Visit [www.pallcare.asn.au](http://www.pallcare.asn.au) for service contact information.