

Volunteer *support*

Caring for someone with a terminal illness can be emotionally and physically exhausting; Volunteers provide relief to carers by providing practical assistance and emotional support

To find out more about how you can help, contact your local palliative care service



What if you do *not* speak good English?

The palliative care team is sensitive to your culture and language. Please do not hesitate to ask for an interpreter. You can use a qualified interpreter or a family member.

Who to ask for *help* or *information*

- Your treating doctor
- Your nearest palliative care service

Palliative Care Relief Comfort Support

*Caring for a loved one who has
a terminal illness.*



Palliative Care Council
of South Australia Inc
Telephone 8291 4137

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1300 365 155



What is *Palliative Care?*

Palliative care is the support of people who are suffering from an illness from which no cure can be anticipated.

The aim of palliative care is to maximise the quality of the person's life. This is achieved by coordinating and delivering a range of services in response to the individual needs of the person being cared for and the care giver.

It is recognised that a range of problems, including physical, emotional, social and spiritual may need attention.

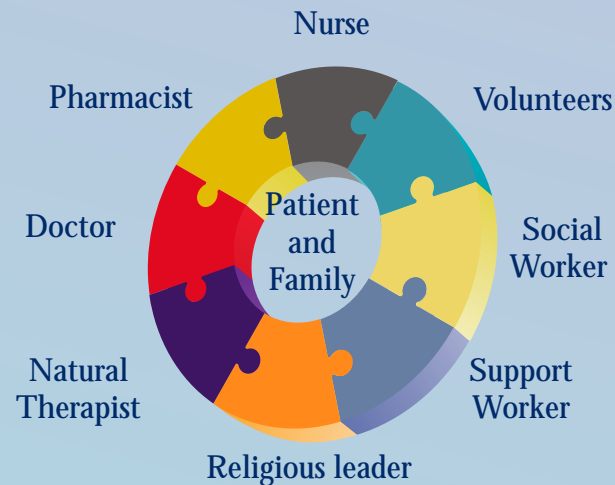
Where?

Palliative care is delivered, where possible, where the person wants to be. It can be provided in:

- the person's own home
- a hospice
- a hospital
- a nursing home

Family, relatives and friends are the main carers. Professional help can come from the palliative care team.

Palliative Care is a *team effort*



If I am in *pain*, can it be *eased*?

In almost all cases, pain relief can be achieved using: a range of painkillers and other drugs, massage, meditation, aromatherapy, acupuncture, and radiotherapy, where appropriate.

Recent advances in pain killing drugs include slow release morphine tablets and skin patches.

What is a *Hospice*?

A place devoted to care of the terminally ill, staffed by specifically trained doctors, nurses, social workers, physiotherapists, and volunteers; offering total care for patient and family, including physical, emotional and spiritual support.

