

Palliative care services



This information sheet has parts that a **palliative care team** should fill out.



A **palliative care team** might include

- Doctors
- Nurses
- Other **health workers**.

You can ask for help to read this sheet.

You could ask



- a person in your family
- your support worker
- a friend.



You can talk to someone you trust about your feelings.



You do not need to read all the story at the same time.

Not bold

Bold

There are some words in **bold** in this story.

Bold means the letters are thicker and darker.

We explain what these words in **bold** mean.



Who the information sheet is for



This information sheet is about the different places a person can get help during **palliative care**.



Palliative care is help for people who have a serious health condition that they will die from.

Services available

Local **palliative care** services have



- Doctors trained in **palliative care**



- Nurses trained in **palliative care**



- **Allied health workers**



- **Volunteers**

Allied health workers can help a person with



- Finding ways to move their body



- Doing everyday activities



- Talking about how they think and feel



- Managing problems in their life.

Palliative care services

The information sheet below has more information about



- What **palliative care** can help with
- Where a person might get **palliative care**
- Who might be involved in **palliative care**.



Name – Preparing for palliative care

Go to - 3dn.unsw.edu.au/improving-palliative-care-resources#preparing

Who made it - 3DN

Information type - Plain English and Easy Read information sheet.

There are different places a person can get help during palliative care

The following sections should be filled out by a **health worker** giving **palliative care**.

Palliative care might happen



- **In the community**

Health workers that work in the community provide support to people in their homes or near their homes in buildings called clinics.



Palliative care in the community might also include a person's family doctor.

Palliative care services

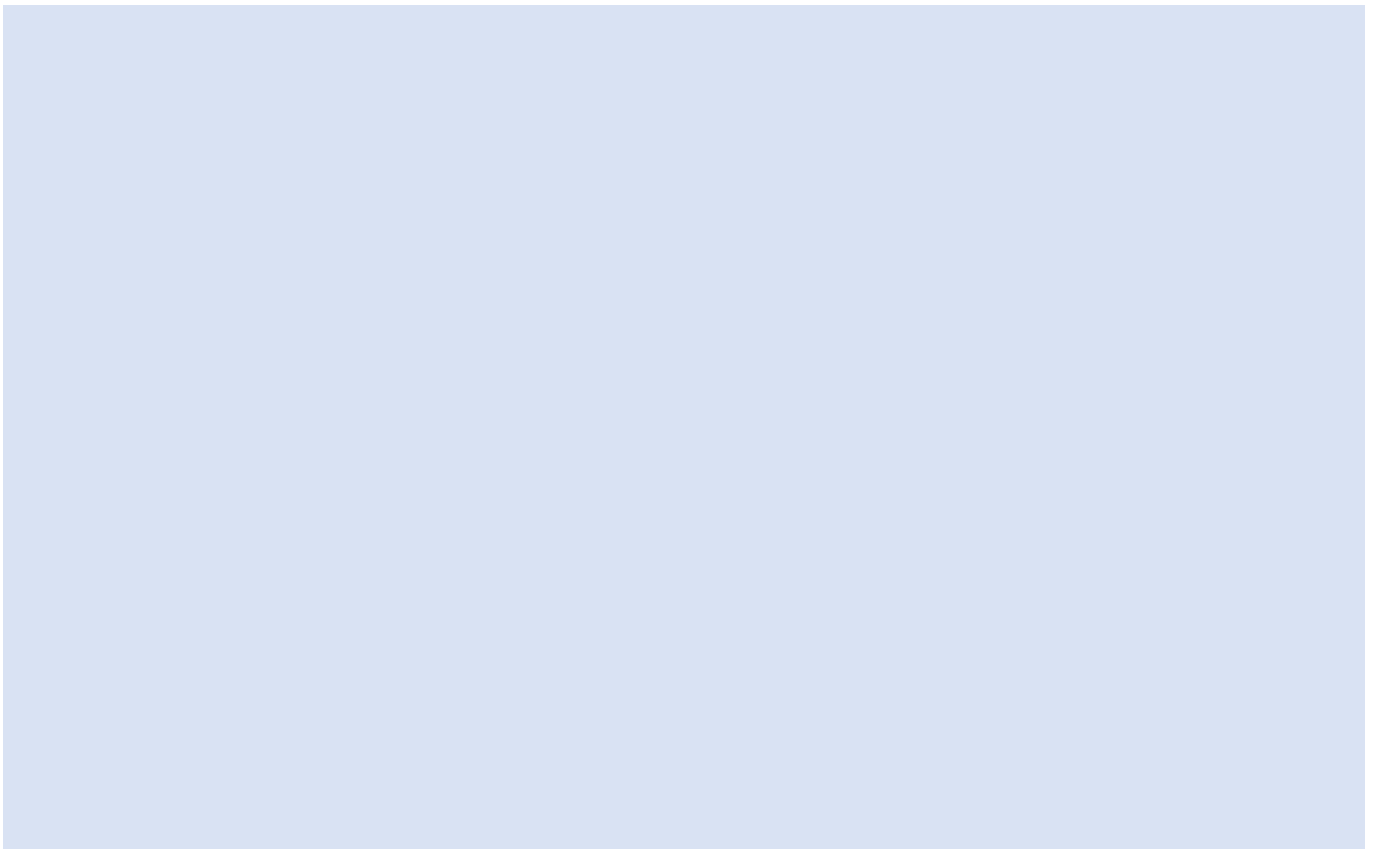


To get help from community services use the information below.



Sometimes the numbers are busy.

Contact information for help from community services



A person might get help during
palliative care



- **In a hospital**

As an inpatient in a hospital

Being an inpatient means the person getting **palliative care** needs extra care.



Being an inpatient means staying in hospital for one or more nights.

As an outpatient in a hospital or in the community

Being an outpatient means the person getting **palliative care** gets help in or near the hospital but does not stay overnight.

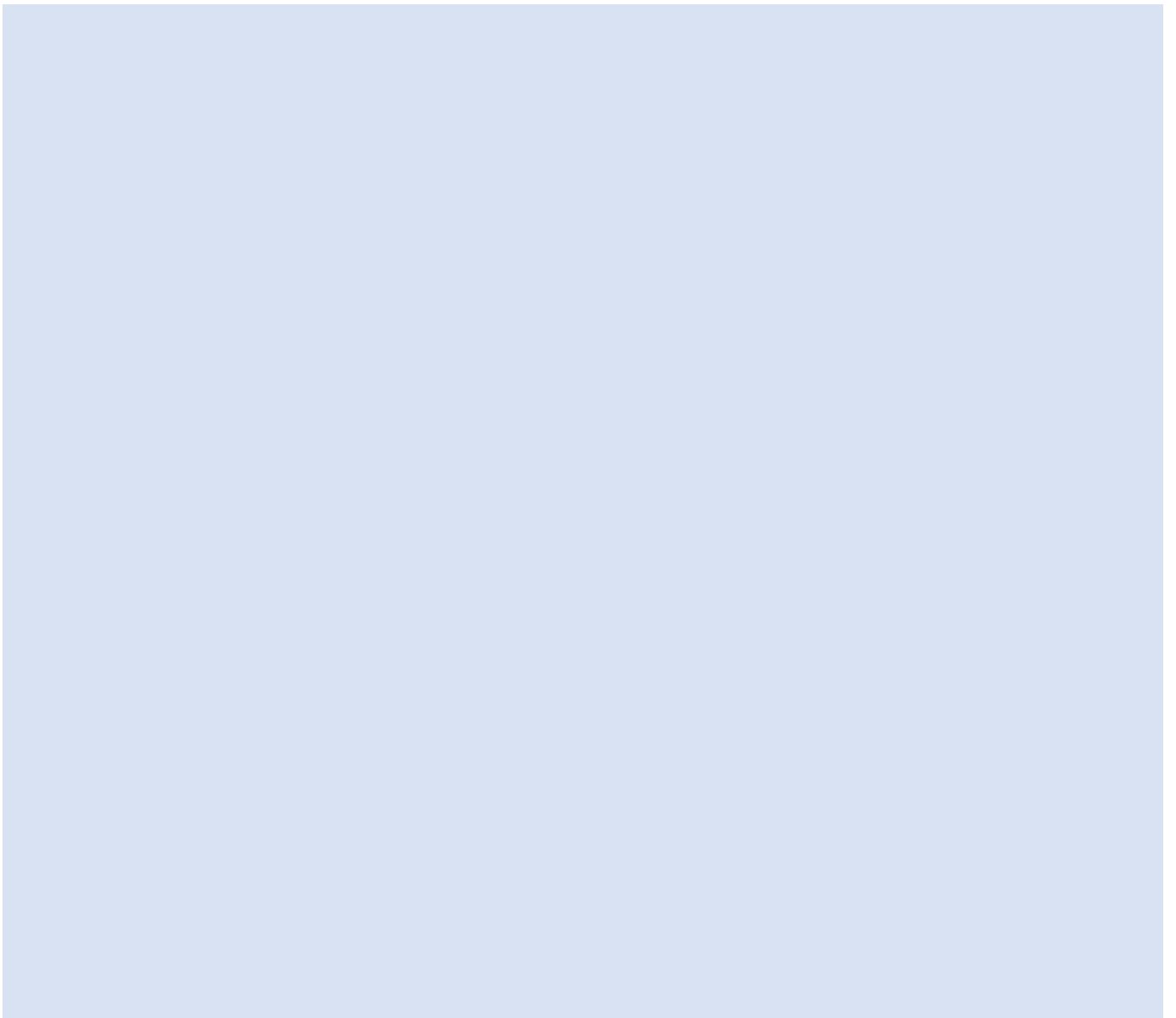


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If you have already seen a palliative care team at a hospital you can call that same hospital for help.

Contact information for help from hospital services



A person might also get help during **palliative care** from



- **Other services and support**

There are other services that might help.

These might be



- Help to borrow equipment to use at home.

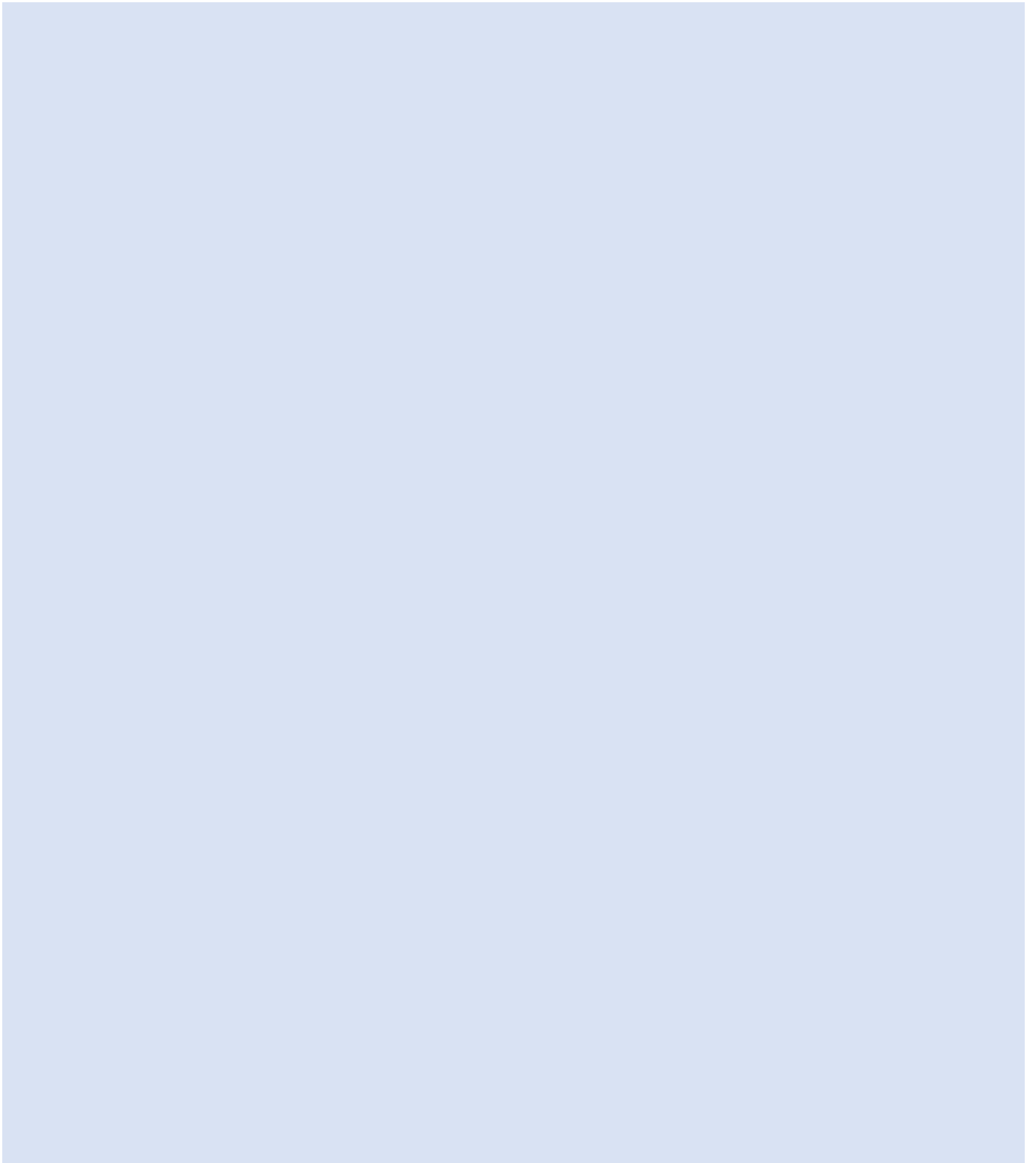
- **A Palliative Care Coordinator**



A **Palliative Care Coordinator** is a health worker who helps plan and organise someone's **palliative care** and other services.

Palliative care services

Information about other services and support



Palliative care services

A person might also get help during **palliative care** from



- **After hours support**

The below numbers can be called if help is needed when other health services are closed.



Healthdirect Helpline

1800 022 222

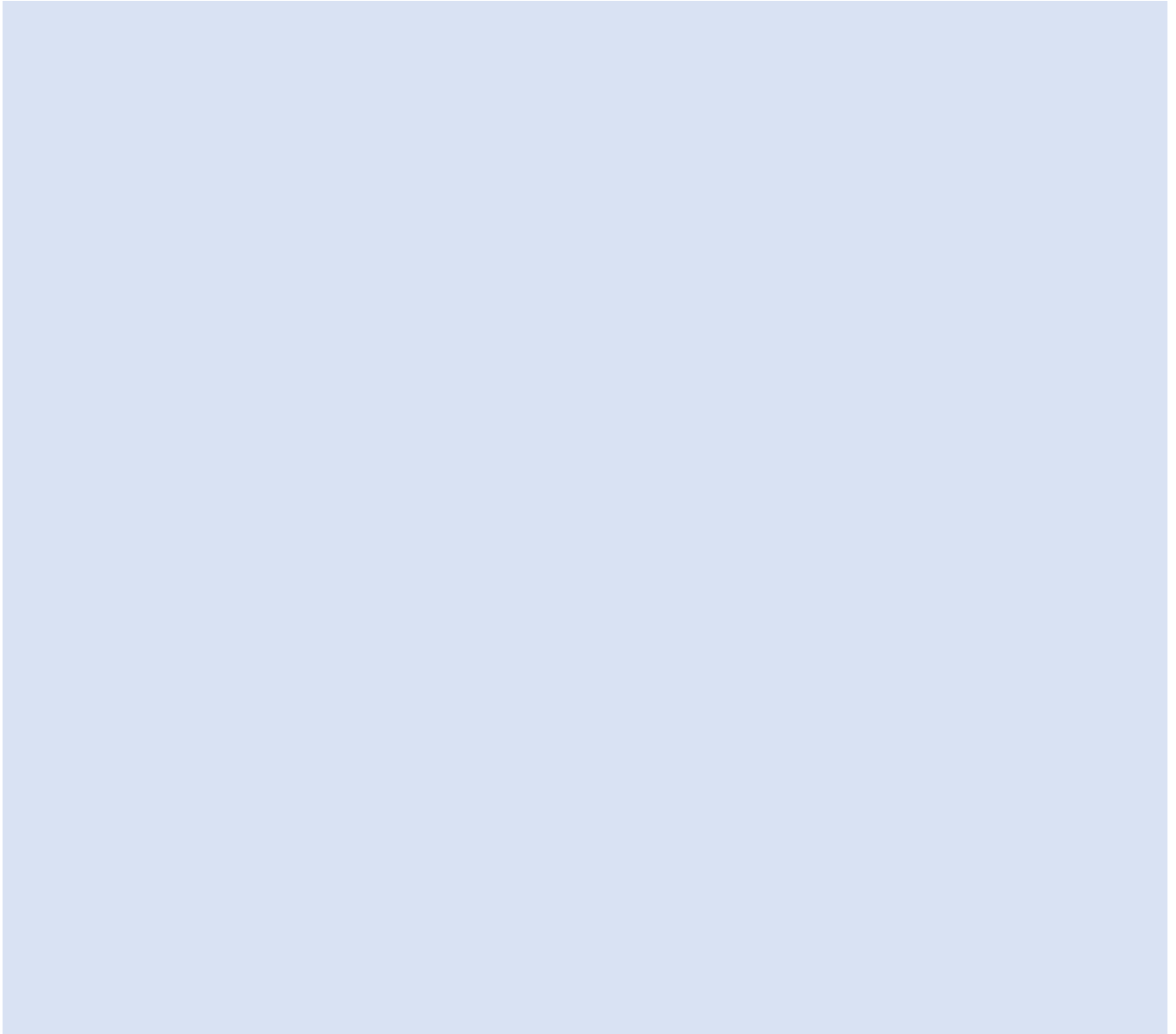


Healthdirect is open 24 hours a day 7 days a week.



In an emergency call **000** for an ambulance.

Information about other after hours help



If someone is unsure who to call for help, they should ask their family doctor.