

What is Supportive and Palliative Care?

This is support for people who are suffering from an illness for which a cure is not possible.

We try to give every person the best quality of life possible. We do this by arranging and providing a number of services responding to your needs and the needs of your family.

We provide a range of services including physical, emotional, social and spiritual.

Where can Supportive and Palliative Care be provided?

We try very hard to provide Supportive and Palliative Care where you want to live. This can be in:

- Your own home
- The home of a member of your family
- Other facilities such as Nursing Homes

We also provide care in hospitals within our Local Health District – Nepean, Hawkesbury, Springwood, Blue Mountains, Lithgow and Portland.

Family and friends are encouraged to assist in the patient's care. Professional help is available from your General Practitioner and from your Supportive and Palliative Care Team.

Supportive and Palliative Care is a team effort

- Patient
- Family
- Nurse
- Volunteer
- Social Worker
- Psychologist
- Physiotherapist
- Occupational Therapist
- Dietician
- Pharmacist
- Religious Leader
- General Practitioner
- Supportive and Palliative Care Specialist doctors
- Other Specialist Doctors
- After hours telephone support
- Bereavement Counselling

If I have pain, can it be eased?

In almost all cases, pain can be reduced to a manageable level using medications as well as other treatments including radiotherapy, meditation or any other method that is appropriate for you.

There have been many recent advances in pain management including new medications and new ways of giving them. Your General Practitioner and our Supportive and Palliative Care team can give you more information on treating pain.

Can I die at home?

We will do all we can to support you and your family in the place that you want to be. Often, that is in your own home.

Sometimes, at this stage of your illness, the amount of care needed can be more than a family can provide. If that happens, we can arrange for you to be cared for in one of our hospitals close to where you live.

Volunteer support

Caring for a person with an illness that cannot be cured can be both physically and emotionally draining. We have a team of trained volunteers who are available to spend time with patients providing practical and emotional support and allowing their family members to have a break.

What about your language and cultural needs?

We aim to provide culturally appropriate care. Please let us know how we can accommodate your specific needs, for instance your religious or spiritual needs, your diet needs, or any preference for treatment by a male or a female doctor or nurse. Please tell us if you need an interpreter.

Interpreter services are free and confidential.

Health Care Interpreter Service

If you are attending a hospital or health centre, a free and confidential interpreter service is available to you.

If you need an interpreter to help you make an appointment with a health care professional, please call the Telephone Interpreter Service (TIS) on **131450**

AUSLAN interpreters are also available.

Who can you ask for help or information?

- Your General Practitioner
- Your treating specialist doctor
- Your local hospital
- Your Supportive and Palliative Care Service

If you live in the **Penrith, Blue Mountains or Lithgow** Local Government Areas, further information is available between 9am and 4.30pm by phoning:

1800 222 608

If you live in the **Hawkesbury** Local Government Area, further information is available between 8.30am and 4.30pm by phoning:

(02) 4560 5714

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Comfort - Support - Relief

Caring for the person you love who has an illness that cannot be cured

