

Fact Sheet One:

What is palliative care?

Someone needs palliative care when they are living with a life threatening terminal condition and are no longer responding to a cure.

With palliative care, death is not hurried up or postponed. Palliative care supports people to live as actively as possible until death.

Palliative care can involve families and friends.

Palliative care can be offered at home, at one of the hospitals, in a hospice or an aged care home.

Palliative care helps people with a terminal condition face the changes that happen in the process of dying. These changes include:

- Physical changes to their body;
- Spiritual changes in the way they think about their future;
- Social changes; and
- Emotional changes.

Palliative care offers:

Comfort – to the person; to their family and friends and to the caregivers;

Compassion – an understanding and acceptance of feelings;

Concern – for the person's pain and suffering, for the family's frustrations and grief, and for the caregivers; and

Choices – to help people keep dignity and control while experiencing the changes of a life threatening terminal condition.

Places to get help

Winnunga Nimmitjiah Aboriginal Health Service
63 Boolimba Street
Narrabundah ACT 2604
Tel: (02) 6284 6220

ACT Palliative Care Society
PO Box 88
Civic Square ACT 2608
Tel: (02) 6273 9606

Canberra Hospital Aboriginal Liaison Officer
Building 3, The Canberra Hospital,
Yamba Drive
Garran ACT 2605
Tel: (02) 6244 2222

Carers ACT, Belconnen Office
Ground Floor, Churches Centre
54 Benjamin Way
Belconnen ACT 2617
Tel: (02) 6296 9900

Canberra Hospital - Palliative Care
Capital Region Cancer Service
Yamba Drive
Garran ACT 2605
Tel: (02) 6244 2222

Carers ACT, Torrens Office
1 Torrens Place
Torrens ACT 2607
Tel: (02) 6296 9900

Clare Holland House
5 Menindee Drive
Barton ACT 2600
Tel: (02) 6273 0336

Calvary Health Care ACT
Mary Potter Circuit
Bruce ACT 2617
Tel: (02) 6201 6111