

Fact Sheet Two:

Providing palliative care

If you were providing palliative care you would be helping the person with a terminal condition keep their dignity, privacy and control. A good deal of your time would be spent helping that person deal with their changes to their body.

You would be doing things like helping a person:

- Get in and out of bed;
- Get into a wheelchair;
- Go to the bathroom; and
- Move from a bed to a chair

You would also make sure they have a clean, dry bed and you would help them sit up or lie down to help them sleep comfortably.

You would also be helping with the person's eating habits:

- Making sure they have enough food and drink;
- Helping them take their medicine;
- Helping them keep their food down; and
- Looking after their mouths.

There are many aspects to personal care that can cause people shame, whilst others can be small acts of love. You would be bathing or showering the person; and brushing, combing or washing their hair. You may also help the person use a bedpan or a urinal if they are bed ridden. You could also be part of a care team. This team talks about the goals of care and solves problems as they arise.

There are other practical things to do. These can include cleaning the house, cooking the food, doing laundry, shopping, taking care of kids and pets, organising visitors, and looking after equipment.

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