

Fact Sheet Three: yourself

Looking after

“One of the best things you can do for your loved one during this time is to take care of yourself...”

Your wellbeing is as important as that of the dying person. You will need to look after yourself during this time. Seeing your loved one die can be very hard. You are at risk of becoming emotionally, mentally and physically exhausted.

You will be likely to feel a range of emotions that are common and normal. If you are able, talk to someone about these feelings.

Sleep may not come easy, but try to rest.

While you may not feel like eating, attend to your nutritional needs.

Time away from your loved one is essential if you are to avoid mental exhaustion.

Ask other people to stay with the person to give you a chance to re-energise.

Palliative care involves a lot of assisted lifting, it is important to learn how to do this properly. You don't want to hurt yourself.

You can develop good relationships with people who work in palliative care, and find people who you can talk to about the emotions and issues that you, your family and friends experience.

It is important to find ways to relax, and to deal with your own feelings as well as those of others.

Places to get help

Winnunga Nimmitjyah Aboriginal Health Service

63 Boolimba Street
Narrabundah ACT 2604
Tel: (02) 6284 6220

Canberra Hospital Aboriginal Liaison Officer

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

Canberra Hospital - Palliative Care

Capital Region Cancer Service
Yamba Drive
Garran ACT 2605
Tel: (02) 6244 2222

Clare Holland House

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

ACT Palliative Care Society

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

Carers ACT, Belconnen Office

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

Carers ACT, Torrens Office

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

Calvary Health Care ACT

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