

Palliative Care

Promoting Quality of Life

Name of speaker

Name of service



Content

- What is palliative care?
- What do palliative care services do?
- What can I do to help?
- Contacts and resources



Some alarming statistics

- We have a 25% chance of developing hypertension during our life
- We are about 5 times more likely to have a stroke if we smoke
- We have a 30% chance of developing some form of cancer in later life



We have a 100% chance of dying at some stage in our life!!



What is palliative care?

- It's specialised health care provided by experts who are experienced in supporting people living with a terminal illness and their families.
- Palliative care can include:
 - pain and symptom management
 - help with spiritual issues
 - counselling
 - practical support



Who needs palliative care?

- People living with a terminal illness
- The families and/or carers of people living with a terminal illness
- People whose treatment has changed from finding a cure to improving the quality of daily life
- People who need more specialised support than they can receive from their general practitioners and families



MELBOURNE



Prahran
Caulfield
Clayton

Dandenong

Berwick

Pakenham

Cranbourne

Frankston

Mornington

Hastings

KooWeeRup

Rosebud

-  Bayside Health
-  Calvary Health Care Bethlehem
-  Peninsula Health
-  Peninsula Hospice Service
-  Royal District Nursing Service
-  South East Palliative Care
-  Southern Health

PORT
PHILLIP
BAY

Palliative Care Services in the Southern Metropolitan Region

- Inpatient services
 - Calvary Healthcare Bethlehem, Caulfield
 - Southern Health, Monash and Casey
 - Peninsula Health, Frankston
- Community PC Services
 - Calvary Bethlehem, inner south
 - Peninsula Hospice Service, Frankston and Mornington Peninsula
 - South East Palliative Care, outer south east



Insert name of your palliative care service

General Information

- Location
- History
- Funding



What do we do?

We provide expert palliative health care and practical support to people living with a terminal illness, in their own homes.

This includes:

- nursing and medical care
- counselling and welfare support
- art and / or music therapy
- pastoral care
- client care volunteer support
- bereavement support

We also support families and carers of people living with a terminal illness



Where do our clients live?

We provide services for people living in:

List LGAs



Some statistics

- Number of service users
- Number of visits per service user
- Different demographic groups
(ie children, people from CALD)
- Number of volunteer services provided etc



What do we need to do our job?

- Qualified and experienced staff and volunteers
- A supportive community
- Cars to get staff to client's homes and drive people to groups and appointments
- Venues to conduct group and individual support work and administrative activities
- Equipment – hired for clients with funding from government and the community
- Funds to support staff and volunteer training and professional development
- Funds to reimburse volunteers for their travel expenses



Where you come in

Most people who are living with a terminal illness spend their time with family and friends, outside the health care system.

Many people are not prepared when they find themselves in this situation.

We need to re-learn how to care for each other – for people who are dying and for people who are left behind.

(Adapted from Kellehear 2005).



Where you come in.. continued

- Most people want to remain connected to their local communities when they are dying.
- Services aren't enough on their own and can't provide everything people need.



Volunteers

Trained volunteers help clients and their families, according to needs. This may involve sitting with a person while the carer goes out, driving the client to a medical appointment or simply providing company.

Volunteers may also give administrative support, help with support groups and visit clients in the hospital.



A story

Tell one of your stories here



Frequently asked questions

- How do people get referred?
- When do people get referred?
- What does the service cost?
- How can you help?



How you can support our service

- Become an advocate by telling others about our service.
- Attend fundraising events.
- Join a fundraising auxiliary.
- Buy fundraising merchandise.
- Make a donation or bequest to the service in your will.
- Establish a regular donation (quarterly, annually).

Become a volunteer!



Contact

- Phone
- Email
- Web site

- For donations contact
- To become a volunteer contact



Interesting websites

- www.smrpalliativecare-consortium.org.au
- www.pallcarevic.asn.au
- www.palliativecare.org.au





**Thank you for
your time!**

