

## Talking about palliative care

Talking about dying is hard, and it is sad. However, death is inevitable and the better prepared we are for our death, the easier it will be on the ones we leave behind. It is also important to talk about death so you can prepare well. When we prepare in advance for our death we are able to relieve the decision-making burden on those closest to us.

## Advance Care Planning

Advance care planning promotes care that is consistent with a person's goals, values, beliefs and preferences. It prepares the person and others to plan for future health care, for a time when the person may no longer be able to communicate those decisions themselves.

## Palliative care resources

Advance Care Planning Australia  
[advancecareplanning.org.au](http://advancecareplanning.org.au)

CareSearch  
[caresearch.com.au](http://caresearch.com.au)

Compassionate Communities Network  
[compassionatecommunities.net.au](http://compassionatecommunities.net.au)

ELDAC – End of Life Direction for Aged Care  
[eldac.com.au](http://eldac.com.au)

My Care My Choices  
[metrosouth.health.qld.au/acp](http://metrosouth.health.qld.au/acp)

PalAssist  
[palassist.org.au](http://palassist.org.au)

Palliative Care Australia  
[palliativecare.org.au](http://palliativecare.org.au)

Palliative Care Queensland  
[palliativecareqld.org.au](http://palliativecareqld.org.au)

Contact  
[www.ourphn.org.au](http://www.ourphn.org.au)

Sunshine Coast  
Ph 5456 8100

Wide Bay  
Ph 4131 0800

Central Queensland  
Ph 4721 7777

**phn**  
CENTRAL QUEENSLAND,  
WIDE BAY, SUNSHINE COAST

An Australian Government Initiative

# Greater Choice for At Home Palliative Care

Improving coordination and integration of palliative care across primary, secondary, tertiary and community health services to support at-home palliative care for those that choose it.



## How will the PHN achieve the measure?

**Strategy 1:** Improve access to safe, quality palliative care at home and support end of life care systems and services in primary health care and community care.

**Strategy 2:** Enable the right care, at the right time and in the right place to reduce unnecessary hospitalisations.

**Strategy 3:** Generate and use data to ensure continuous improvement of services across sectors.

**Strategy 4:** Utilise available technologies to provide flexible and responsive care, including care after usual business hours.

**Strategy 5:** Increase community capacity building within our PHN region.

**Strategy 6:** Increase workforce development and capacity.

## The following principles will guide the implementation of the measure:

- Care will be person-centred; this includes family and primary care providers and is responsive to cultural and individual needs.
- Activities are designed with consideration towards identifying patients who may benefit from early engagement with palliative care.
- Building community capacity to support people at the end-of-life.
- Encouraging community approaches, such as Compassionate Communities.
- Ensuring equity of access to all members of the targeted communities, including people from vulnerable population groups.
- Acknowledging the unique role of carers in supporting someone at the end of life. The importance of their role and need for support before and after death will be acknowledged and respected.

The target population for the measure is individuals with a known life-limiting condition and their families.



## What is palliative care?

Palliative care is person and family-centred care provided for a person with an active, progressive, advanced disease, who has little or no prospect of cure and who is expected to die, and for whom the primary treatment goal is to optimise the quality of life. Palliative care is care that helps people live their life as fully and as comfortably as possible when living with a life-limiting or terminal illness.

Palliative care identifies and treats symptoms which may be physical, emotional, spiritual or social.

*Ref: Palliative Care Australia*

## Why is this measure important?

This initiative addresses an identified need for people requiring palliative care, their families and carers. People at the end of life prefer to be cared for and to die comfortably at home. While 70% of Australians say they would prefer to die at home, only 14% do\*.

*\*Swerissen H & Duckett S, Dying well. Carlton: Grattan Institute, 2014*

