

## Purpose of Resource List

To provide librarians and the community with information regarding palliative care and services available including carer supports.

## What is Palliative Care?

Palliative care helps people with a life-limiting illness to have the best possible quality of life. It is available for everyone of any age, race, culture, background or religion.

Palliative Care can be provided at home, in hospital, dedicated palliative care inpatient units and in residential aged care facilities (RACF) by doctors, nurses, GP's, allied health professionals and volunteers.

### To find out more go to:

<https://palliativecare.org.au/resource/what-is-palliative-care/>

## Available Services

### Palliative Care Australia

Access to information sheets:

- What is palliative care?
- Directory of local services available
- Discussion Starters to help individuals to start a discussion with friends and family regarding their health wishes
- Palliative care video resources
- Information for carers

### To find out more go to:

<https://palliativecare.org.au/im-a-carer/>

### Palliative Care NSW

Access to the following resources:

- Palliative caring handbook for families and carers
- Advance Care Planning Brochure for families and carers
- Pain Management resources

### To find out more go to:

<https://palliativecarensw.org.au/families-and-carers/resources/>

## Advance Care Planning Australia

Information available includes:

How to:

- Create Advance Care Plan
- Starting the conversation
- Treatments
- Ethics and Laws
- Online courses
- Workshop and Events
- Webinars
- Resources available in a variety of different languages

### To find out more go to:

<https://www.advancecareplanning.org.au/understand-advance-care-planning>

## CanTeen

Support available for young people aged 12-25 years including:

- Counselling
- 24/7 online support
- Events and programs for people effected by a cancer diagnosis (loved one or own diagnosis)
- Specialised support services for young cancer patients
- Free information and resources including grief, loss and understanding a cancer diagnosis

### To find out more go to:

<https://www.canteen.org.au/about-us/about-canteen>



*"You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die." Dame Cicely Saunders.*



## Department of Health

'What do you want for your end of life'  
resource available in the following languages:

- Vietnamese
- Traditional Chinese
- Simplified Chinese
- Italian
- Arabic
- Greek

### To find out more go to:

[https://www.health.gov.au/resources/translated?f%5B0%5D=field\\_related\\_health\\_topics%3A4706](https://www.health.gov.au/resources/translated?f%5B0%5D=field_related_health_topics%3A4706)

## Palliative Care Victoria

Access to bilingual resources including:

- Podcasts about Palliative Care
- Videos about Palliative Care
- Fact Sheets on Palliative Care

Available in the following languages:

- Arabic
- Chinese
- Dutch
- Hebrew
- Italian
- Croatian
- Greek
- Hindi
- Karen
- Maltese
- Vietnamese
- Russian
- Spanish
- Turkish
- Macedonian
- Polish
- Serbian

### To find out more go to:

<https://www.pallcarevic.asn.au/families-patients/community-languages/>

## Accessing Palliative care services in South Western Sydney:

- Speak with your GP to discuss a referral to Palliative care
- Referrals can be made by a hospital doctor, GP, nurse, community nurse or social worker
- Contact Central Intake Referral Service (Triple I Hub) on 1800455511

## Carers Corner- Information for carers

### Carers Australia

Information available includes:

- Decision Making
- Managing feelings
- Taking care of yourself as a carer
- Bereavement
- Translated resources
- Carers payment:
  - o Carer payment
  - o Carers allowance
  - o Carer supplement

### To find out more go to:

<https://www.carersnsw.org.au/about-caring/who-are-carers>

### Care Search

Information available including:

- How to care
- Symptom management
- End of life
- Planning for the future
- Bereavement, grief and loss
- Finding services

### To find out more go to:

<https://www.caresearch.com.au/tabid/6167/Default.aspx>

Speak to your GP  
about accessing  
palliative care  
services today!



*"Be brave enough to start a conversation that matters." Margaret Wheatley*