

# What exactly is palliative care?

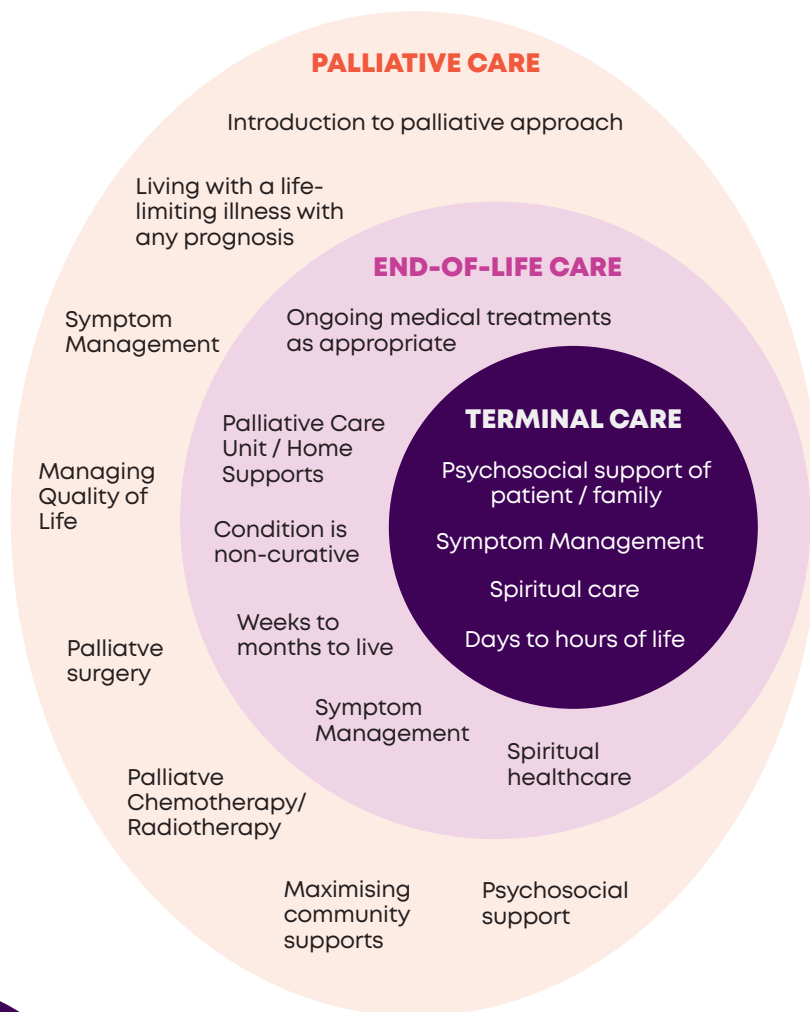


Palliative care isn't just about the very end of life. So, what is it all about then?

## PALLIATIVE CARE IS AN APPROACH THAT

- improves the quality of life of patients (adults and children) and their families who are facing problems associated with life-limiting illness
- prevents and relieves suffering through the early identification, correct assessment and treatment of pain and other problems, whether physical, psychosocial or spiritual.

**Palliative care takes a holistic approach, meaning it treats the whole person, and encompasses their physical, psychological, social, spiritual and practical needs.**



For further information  
[www.hammondcare.com.au/care/palliative-supportive-care](http://www.hammondcare.com.au/care/palliative-supportive-care)



## What exactly is **palliative care?**

### **GOOD PALLIATIVE CARE SHOULD**

- Maximise quality of life

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- Respect the person's goals and preferences

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- Provide relief from pain and other symptoms

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- Provide spiritual and psychosocial support

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- Allow opportunities for the person and/or their representative to discuss care and care goals

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- Be timely and responsive

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- Advise what equipment is needed to aid care in the home

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- Help with connections to other support services, such as home help and financial support

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- Involve a team of specialists

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- Support family and friends

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- Provide counselling and grief support

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**Remember - palliative care can be brought in at the point of diagnosis of a life-limiting illness.**

### **Suggested resources**

**The Palliative Care Handbook**

**The Palliative Care - End of Life FlipChart**

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