



# WHAT IS **PALLIATIVE CARE?**

## **Quick Guide**

**If you are sick and your doctor says you will not get better and will die, palliative care can help you to live as well as you can until you die.**

### **How can palliative care help you?**

Palliative care can help you:

- with your pain (for example, medicines)
- with your symptoms (for example, feeling sick, finding it hard to breathe)
- to understand your feelings
- to talk about what is important to you, like spiritual or cultural support
- to plan what you do with the time you have left.

Getting palliative care early can help you to live better. Your doctor can help you decide if palliative care would help you.



**Palliative Care**  
Western Australia  
*Living, dying & grieving well*

## Who works in the palliative care team?

- palliative care doctors
- palliative care nurses
- physiotherapist – they can help find ways for you to move around easier (for example, exercises, walking stick)
- occupational therapists (OT) – they can help you to do things for yourself as much as you can (for example, using rails, electric bed)
- counsellors – they help you with your feelings
- social workers – they find support for your problems
- speech therapists – help you if you have problems with talking or eating
- dietitians – help you with the right things to eat
- volunteer – someone who is not paid but chooses to help people.

You can talk to the palliative care team/members about your feelings and your fear of dying. They can help you make plans for the last part of your life. They can support your family and friends.

## Where can you get palliative care?

You can get palliative care:

- in your home
- in a hospital
- in a hospice – a special hospital for people who are dying. Sometimes called a palliative care unit
- in your group home or aged care home



## How much do you have to pay for palliative care?

Most palliative care services are free. You might need to pay for things like special equipment (for example, a hoist).

## Where can you get help?

Speak with your GP or a member of your medical team.

You can also contact:

### Palliative Care WA

 [www.palliativecarewa.asn.au](http://www.palliativecarewa.asn.au)

### Healthy WA

 [www.healthywa.wa.gov.au](http://www.healthywa.wa.gov.au)



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