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# PALLIATIVE AND SUPPORTIVE CARE

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## WHAT IS PALLIATIVE CARE?

The goal of palliative care is to improve quality of life for patients, their families and carers by addressing their physical, emotional, social, cultural, and spiritual needs. The overall aim of palliative care is to help a person live as well as possible either during their active treatment, when they have an incurable illness or when they are dying. In short, palliative care will help you live well while you manage your illness.

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## WHAT IS SUPPORTIVE CARE?

Supportive care improves the quality of life of patients who have a serious or life-threatening disease. The goal is to prevent or treat – as early as possible – the symptoms of a disease, the side-effects of treatment and the psychological, social and spiritual problems related to a disease or its treatment.

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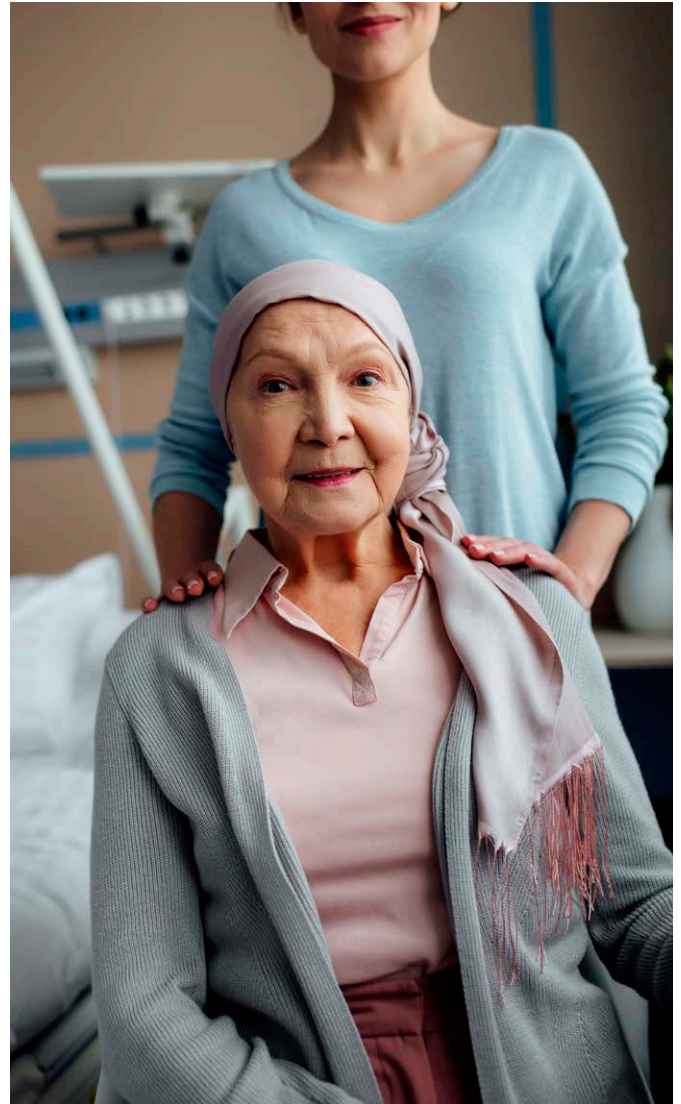
## PALLIATIVE INPATIENT UNIT

The inpatient unit is an 18 bed specialist facility located at Malvern. It offers single rooms, each with its own ensuite and a homely environment, including a communal family room with access to kitchenette facilities. A sacred space is available within the unit for patients and families.

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## OUR SPECIALIST SERVICES INCLUDE:

- Inpatient and home/community care
- Outpatient clinic
- Medical consulting and Nursing Liaison Service
- Advice and management of symptoms such as pain, nausea, problems with appetite and breathing and any other symptom causing discomfort or distress
- Psychological, emotional and spiritual support for patients and their families
- Discharge planning and home support services
- End-of-life care
- Bereavement support and follow-up



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## THERAPIES AND OTHER SERVICES

- Creative art and music therapies
- Pet therapy
- Biography service

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## YOUR HEALTHCARE TEAM

Our multidisciplinary team provides coordinated holistic care to meet your physical, emotional, psychological, spiritual and social needs as well as those of your family and loved ones.

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### OUR SPECIALIST TEAM INCLUDES:

- Palliative care doctors
- Palliative care nurses
- Pastoral care practitioners
- Pharmacists
- Allied health professionals
- Support services

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### PALLIATIVE HOMECARE

This is delivered, where possible, in the environment of the patient's choice, their own home or residential aged care facility. It is an integrated model of care - our visiting nurses work with the patient/family members as well as the GP and medical specialists to manage care at home. The service provides an opportunity to manage current symptom issues and plan for future needs, while being in familiar surroundings with loved ones.

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### SUPPORTIVE CARE CLINIC

The Supportive Care Clinic is a weekly outpatient service based at Cabrini Malvern. Patients may be referred to the clinic by a GP, treating specialist, the community palliative care nurse or on discharge from Cabrini.

The clinic provides comprehensive symptom assessment and management, assists in future care planning and facilitates family meetings. Its aim is to assist patients and their families with disease symptoms and the side-effects of treatment, including the physical, psychological, social and even spiritual issues.

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### CONSULT AND LIAISON SERVICE

The palliative Consult and Liaison Service is available to offer support and advice in relation to the patient's specialist care needs. The liaison nurses work closely with the medical consultants, the ward staff and the inpatient and homecare service.

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### COSTS

The majority of private health insurers cover specialist palliative care, but you are advised to check with your insurer. There is also an option to self-fund for community visits or inpatient stays.

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### PALLIATIVE AND SUPPORTIVE CARE SERVICES

#### Inpatient unit

Cabrini Malvern

Level 4

183 Wattletree Road, Malvern 3144

Phone: (03) 9508 8522

Fax: (03) 9508 8558

#### Palliative homecare

2 Coonil Crescent, Malvern 3144

Phone: (03) 9508 1325

Fax: (03) 9508 5035

#### Consult and Liaison Service

Cabrini Malvern

183 Wattletree Road, Malvern 3144

Phone: (03) 9508 1721

#### Supportive Care Clinic

Haematology and Oncology Centre

Cabrini Malvern

Level 2

183 Wattletree Road, Malvern 3144

Phone: (03) 9508 6000