

WHAT IS PALLIATIVE CARE?

- Palliative care is for someone who is really unwell, not going to get better and who will enter “the dreaming”.
- The Aboriginal Palliative Care Worker assists with case management, helps with social, emotional, cultural and spiritual concerns as well as physical problems.
- Palliative care services will assist you to develop a plan that may include you staying in community or returning to country.
- We can also help family members, carers and other mob to learn how to support you.

WHEN IS SOMEONE READY?

Deciding to have palliative care is a big decision. There will be many yarns with your health care team and with your family. Some questions to ask are:

- What is the nature and the course of the illness?
- What options are available for treatment?
- What options are available for palliative care or symptom control?
- What does the person living with the illness want?
- Will I be able to go home?
- Will someone be able to come to my home for an assessment?

WHO CAN CALL?

- Yourself
- Your family
- Your Carer
- Your GP
- Your Service Provider

WHO IS OUR FOCUS?

- People who identify as Aboriginal and/or Torres Strait Islander.
- A palliative care patient whom is known to palliative care.
- People who have an illness that cannot be cured, palliative care makes you as comfortable as possible for your end of life journey.

HOW CAN I GET PALLIATIVE CARE?

Call the Aboriginal Palliative Care Worker on:

T. 0438 494 624 / 0408 484 386

LET'S YARN

Some things to keep in mind when talking to your mob:

- There is no right or wrong way to go about having this yarn - it's very personal to you, your family, and friends and to your cultural and religious beliefs.
- Yarns like this are likely to happen over time - you don't need to resolve everything or make decisions all at once.
- Take time to think about what is most important to your loved ones and those around them.
- Resources and support services are available to help you when you are ready to begin discussing and planning.

Culturally Sensitive

- Aboriginal Service delivered by a skilled Aboriginal Practitioner
- Our commitment to you as an Aboriginal Service is that we can support your cultural needs and beliefs around dying.
- You may want to return home, be on country with family and have access to culturally sensitive services and activities in your area, for palliative care we can help with this.



Health
Northern NSW
Local Health District

Aboriginal Palliative Care Services

Aboriginal Health Palliative
Health Care Worker

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