

AUSTRALIA'S GATEWAY TO PALLIATIVE CARE EVIDENCE, INFORMATION AND RESOURCES



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2. CareSearch is managed by the Department of Palliative and Supportive Services, Flinders University.



FOR PATIENTS, CARERS, FAMILIES
AND FRIENDS

www.caresearch.com.au

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UNDERSTANDING PALLIATIVE CARE

When an illness cannot be cured, the focus of care changes to maintaining the best quality of life possible while managing symptoms. Palliative care addresses physical symptoms such as pain or nausea as well as helping with emotional, spiritual and social needs.

When dealing with a life-limiting illness, patients, their families and carers may want to know more about what is happening to them, what services are available and what decisions need to be made. This can be difficult as many of us do not have experience in talking about death or in dealing with this stage of life. Having information can help us feel more in control and make it easier to understand and discuss matters with health professionals.

PATIENTS

Just as somebody's illness or family circumstances can be different, so can their information needs.

If you have a life-limiting illness, you may want information about a particular symptom or local organisations and groups. There may be things that you want to organise and plan, or you may just want to think about what is happening and how you are feeling.

CARERS, FAMILIES AND FRIENDS

Caring for someone with a life-limiting illness can be challenging both physically and emotionally. If you are providing daily care at home, you will need information about many things, from managing medicines to coping with grief and emotions. Access to information is very important. It can help you feel more confident and in control. It can help you to identify what you need to ask and talk about.

Friends, neighbours or workmates may also need information and reassurance about what is happening, what to say and how to help.

HOW THESE RESOURCES CAN HELP

CareSearch is an online resource designed to help those needing relevant and trustworthy information and resources about palliative care. There are sections designed specifically for patients, for carers, and for family and friends.

Topics include pain and other symptoms, grief and loss, and many others. There are links to information about services and organisations.

All material in the website has been written by, and checked for quality by, Australian health professionals. Pages can be read online or they can be printed and read later. There are many resources that can be downloaded for use by families. These resources are there when you need them. You can use CareSearch when you are ready to look for information or help about a difficult topic.

The website is available free of charge at:

www.caresearch.com.au

You can find specific resources by clicking the **Patients and Families** button on the CareSearch Home Page.