



SUPPORTING FAMILY CARERS CARING FOR SOMEONE AT THE END OF LIFE

Any one at any time can find themselves caring for a partner, member of the family or friend in the last part of their life. Most people who are living with a terminal illness will spend the majority of the last year of their life in their home. This would not be possible without the help of the family, and someone who assumes the carer role.

CareSearch has many resources for patients, their family and the family carer. There are also pages to help health professional understand and support carers.

Understanding and supporting carers

Health professionals help by recognising the caring contribution that the family or a specific carer makes. They can also provide information and resources to the carer. There are a number of resources that can help professionals support carers.

- > There are a set of Clinical Practice pages that describe what is known about carer needs and the carer role. The pages look at: [Carers](#), [Perspectives on family carers](#), [Supporting carers](#), [Resources for, and about, carers](#), and [Young carers](#).
- > Several [specific searches on carers](#) can help you find what literature is available about carers on PubMed.
- > There are details on over 40 systematic reviews looking at [carers in the CareSearch Review Collection](#).
- > There are [factsheets and brochures](#) that can be ordered and given to carers.

Resources for carers

Carers may have specific information needs. Some of the following resources may be helpful:

- > The [For Patients and Families section](#) deals with a wide range of topics and issues that will be useful to families and caregivers. You can find pages on 'managing daily life', 'transport' and 'finances' as well as pages on issues such as 'communicating well', 'respite and support' and 'looking after yourself'.
- > There are pages that can show where to go to [find more detailed information](#) and how to assess the quality of what you find and pages on [finding services](#).



CareSearch is an online resource funded by the Department of Health and Ageing to help clinicians find relevant evidence about palliative care. It free to use and available now at www.caresearch.com.au.