

## What is palliative care?

Palliative care will affect us all at some stage in our lives as a patient, carer, family member, neighbour or friend. When an illness cannot be cured, the focus of care changes to helping patients have the best quality of life possible.

Palliative care concentrates on maintaining quality of life by controlling physical symptoms, such as pain or sickness, and helping with the emotional, social or spiritual needs that people may have. It supports both the person who is dying and their carers and family.

Palliative Care Australia is the peak national organisation representing the interests and aspirations of all who share the ideal of quality care at the end of life for all.

## What is CareSearch?

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.

The website is available free of charge at [www.caresearch.com.au](http://www.caresearch.com.au)

## What is World Hospice Day?

World Hospice and Palliative Care Day is a unified day of action to celebrate and support hospice and palliative care around the world. It is organised by the Worldwide Palliative Care Alliance, a network of hospice and palliative care national and regional organisations. World Hospice and Palliative Care Day takes place on the second Saturday of October every year.

The theme for World Hospice and Palliative Care Day 2008 which is celebrated on October 11th is "Hospice and palliative care: a human right".

## Finding out more

- World Hospice Day: [www.worldday.org/index.asp](http://www.worldday.org/index.asp)
- Palliative Care Australia: [www.palliativecare.org.au/](http://www.palliativecare.org.au/)
- CareSearch: [www.caresearch.com.au](http://www.caresearch.com.au)
- National Palliative Care Program (Department of Health and Ageing): [www.health.gov.au/palliativecare](http://www.health.gov.au/palliativecare)