

PALLIATIVE CARE INFORMATION AVAILABLE FOR VOLUNTEERS AT CARESEARCH

Volunteers play an important role in palliative care. Some will be new to palliative care and others will have had involvement in the area for some time, if not years. This means that the information each volunteer needs will be different, depending on experience and level of involvement.

The CareSearch website has information for those who are providing palliative care, and for those who are receiving palliative care. There are large amounts of information that may be of interest not only to the patients, their carers, families and friends but also to you as a volunteer and your colleagues.

This includes information on such things as:

- Understanding palliative care and who provides it
- Living with illness and changes over time
- Plans and decisions and preparing for the end

There is also information targeted at carers including:

- The carer role and managing daily life
- Respite and support
- Looking after yourself

Practical information is also welcome and may be of great benefit to those who are new to the carer role:

- Finances and costs
- Care resources
- Transport
- Managing medicines

There are also short videos that can be watched online that highlight some important issues for patients and families.

You can use any computer with internet access to visit the website. If you don't have a computer at home there may be computers at the hospital or hospice. Libraries and community centres may also have computers you can use.

If you know anyone who is interested in volunteering in palliative care, or you would like to know more about training and policies, CareSearch has information that has been especially written about the important contribution of volunteers.

Information is also available to assist formal training and management of volunteers working in palliative care. There are links to the websites of several peak bodies. This and other information provided on CareSearch can help volunteers and volunteer managers. There is a specific page in the Professional Groups section which provides links to information, literature and resources.

You can visit CareSearch to learn more about palliative care. The website is evaluated for quality and has been written by Australian healthcare professionals.

CareSearch is free to use and available now at

www.caresearch.com.au

