

LOCAL PALLIATIVE CARE GRANTS PROGRAM - ROUND 1

Name of project: Training Indigenous Carers: providing skills to the carers of Indigenous people with a life limiting illness.

Organisation: WA Country Health Services – Kimberley Health Region
PO Box 62
BROOME WA 6725

Duration of the Project: January 2006 – May 2007

Project Summary

A culturally appropriate training package was developed and delivered to Indigenous communities across the Kimberley. A carer's booklet was developed and revised at the end of the training sessions. The revised booklet has now been printed.

Purpose of the Project:

The purpose of this project is to:

1. Identify interested community members and provide appropriate training to family members and community members to enable them to provide good and confident care.
2. Improve community capacity, enhance the opportunity for community members to remain in country, improve the accessibility to a specialised service and assist in the coordination of care.

Activities

- developed and evaluated a training program for carers and community members.
- identified interested carers and community members.
- provided training at 15 sites throughout the Kimberley.
- collaborated with community councils/chairperson.
- developed, printed and distributed a culturally appropriate booklet about 'palliative caring at home'.

Results

A culturally appropriate training package was developed and delivered to Indigenous communities across the Kimberley.

Training was conducted in collaboration with local clinics. Sessions were conducted in 15 remote communities with between 2-6 members attending the training. In addition, training sessions were conducted in 6 regional towns with attendance of 5-20 people per session. A total of approximately 50 people attended training sessions.

Training provided information on how to provide basic care for very ill and elderly people at home. Topics included pain management, medications (and safety considerations), importance of nutrition and hygiene and how to keep the ill person as comfortable as possible in the home setting

A Carer's Booklet was developed in consultation with local Indigenous communities. This resource was used in training and feedback was obtained from the Indigenous people at the communities visited. The booklet was revised extensively as a result of this input. The opportunity to get feedback first hand from local Indigenous people was invaluable in designing a resource suitable for their individual needs.

Community capacity to care for palliative patients and assist them to remain in country was improved;

- by the training provided;
- by the resource booklet and other resource material on palliative care provided; and
- by the renewal of links between the Kimberley Palliative Care Service and the Indigenous community clinics/members.

Resources

Kimberley 'Carers Booklet' Revised Edition.