

IN ACTION

What is palliative care and why is it important? – published in the February newsletter of the Australian Counselling Association (ACA)

Susan Gravier (CareSearch) explains that palliative care provides a support system for people with a life-limiting illness, and for their family and carers. This includes dementia, cardiovascular disease, neurodegenerative diseases, and advanced stages of respiratory, kidney and liver disease. It also includes care of some older people at the end of their natural life and a growing number of people living with multiple chronic diseases such that there is an increasing demand for palliative care in Australia and across the world.

Palliative care is active and supportive care that may be required throughout the course of a condition or towards the end of life. The involvement of allied health professionals depends on the person's needs.

Counsellors can help people to cope with the challenges of change and deterioration across a disease trajectory.

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