Why Information Matters: At the End of Life

In Australia, around 160,000 people die each year. Many of these are expected deaths because of age or illness. For people living with a terminal illness and for their families, there are many things to think about and plan for.

How information can help
Information can help patients and carers:
> know what services are available
> understand care options now and into the future
> feel more capable of making decisions
> feel more able to cope and less anxious
> be more confident about asking questions.

Patients, carers and family members can sometimes be reluctant to ask questions during appointments. They may also have trouble remembering everything they have been told. Printed information and trustworthy websites are available to support patients and their families.

Finding information
There are many places to find information about palliative care. Doctors and nurses are an important source. Community Health Services, councils and libraries can help in identifying local services and organisations. Organisations such as Palliative Care Australia and Carers Australia will also be useful.

The internet is increasingly being used to find health information. Web users need to use their common sense to judge the quality of information they find. Look for sites that have been checked by agencies such as Health Insite or HONCode. Use of these logos indicates the site has met their quality criteria.

Using information
Information and resources can be used to keep track of what is happening and how things are changing. Finding out that other people have similar experiences or feelings can be reassuring. Discussing information found on the web or from other sources with the health care team is useful. They may also be able to provide comments or suggest other information and resources. Summarising the information and writing a short list of questions for future discussion can be helpful.

CareSearch is a website that has been developed to help patients and their families find quality information about palliative care. Pages can be downloaded or printed to read later. You can find these pages at www.caresearch.com.au in the Patients, Carers and Family section.