



Clare Holland House is located on the banks of Lake Burley Griffin, in a natural environment with beautiful open spaces.

Clare Holland House staff can also provide services and assistance to you at home. They can visit you to help you with the management of your illness and provide treatment. To find out more about Clare Holland House and the services provided, you can contact Pauline Green on 6273 0336.

Other people can help

To find out more information or to talk with someone about your needs, phone Winnunga Nimmityjah Aboriginal Medical Service on 6284 6222, the Aboriginal Liaison Officers at Canberra Hospital on 6244 2316, ACT Carers' Association on 1800 059 059, or Ngunnawal Community Care on 6231 3422. Your doctor can also help you.

Art



Aboriginal artists, Mr Dale Huddleston (Wiradjuri/Ngandi) and Mr Dean Keed, designed the art for this pamphlet.

Concept: The art shows palliative care in a warm, kind, sharing environment where Aboriginal people should be encouraged to visit and feel comfortable.

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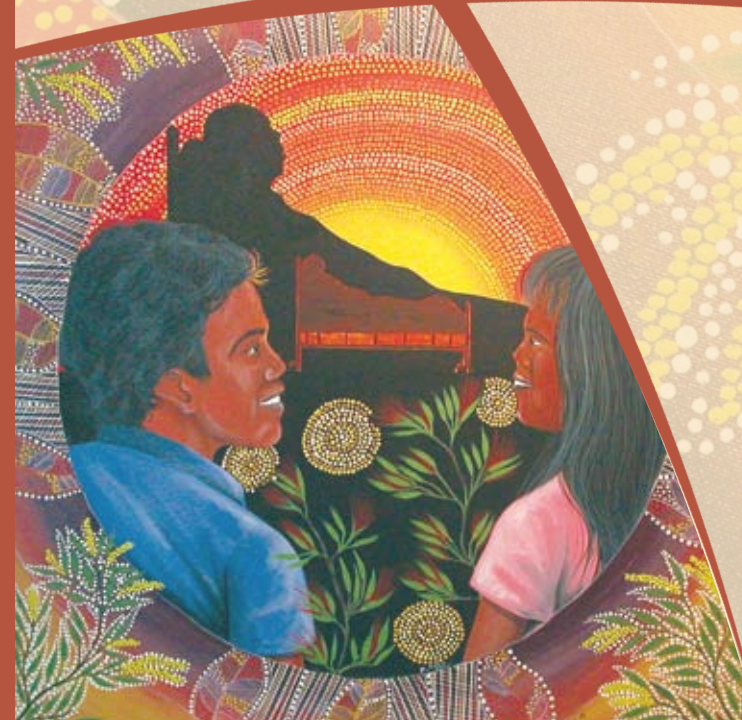
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Relieving Your Grieving

Palliative care and illness counselling

Help is a phone call away



But what is palliative care?

When you get very, very sick, no matter how old you are, you will need special care and assistance. Care from people you can trust.

This type of assistance is called palliative care. It means you can get help:

- at home;
- in a nursing home; or
- at a place called a hospice.

You can even receive palliative care in a mixture of all of these at any time when you are very ill. The choice is yours.



How can it help me?

Palliative care not only helps you personally, it can also help in many other ways, such as helping you to spend time with family and carers. Many people who are sick and nearing the end of their life don't realise, or have never been told what type of care and special help exists. For example, if you are at home you can access many home care assistance packages. They include:

- Medicines;
- Specialist home visits;
- Physiotherapy;
- Changes inside your home.
- Nursing care;
- Occupational therapy;
- Equipment to help you cope; and

If you have to be cared for away from your home this can be provided at the Clare Holland House hospice or at a nursing home.

When should I seek palliative care?

When you have a life ending illness you can seek palliative care at any time. The sooner you contact someone the better.

Contacts who can help you

These include:

- Your doctor
- ACT Carers' Association
- Your Aboriginal Medical Service (Winnunga Nimmityjah for example)
- Your Aboriginal health worker
- An Aboriginal organisation

Your Culture is respected

ACT Health ensures palliative care is provided in a culturally appropriate way, in a manner that you are comfortable with and in line with what you want.

You don't have to give up your existing health worker, carer or doctor. They can be part of your care team.

And you can nominate someone in your family to represent you and discuss with non-Indigenous palliative care workers the type of assistance you need.

Your Aboriginal health worker, or the person you already have helping you, can continue to be an important part of your care team.

What can be done for your carer?

We realise that carers also need help and want to have breaks. This can be arranged. Other types of back up help and support also exist to help carers. You should talk with your support team to find out more about assistance for carers.

ACT Hospice – Clare Holland House

A hospice is a place where specially trained doctors, nurses and others care for people who have life ending illnesses. Sometimes people go to the hospice to give their carer a break or to get special medical care at difficult times in their illness. You can go to Clare Holland House from time to time, you do not have to stay at the Hospice permanently.