

BECOME INFORMED

One of the most important things to do.



Eric's shortness of breath worried both he and his wife Edna. Eric asked his doctor about how to manage this symptom of chronic heart disease. He also wanted resources that explained the condition in more detail. Edna's online research was overwhelming and confusing. They spoke with the palliative care nurse to learn how to decide which information to trust. This helped Eric and Edna remain calm when things changed. It taught them how to look for helpful information with each variation in Eric's health. Their efforts gave Eric great confidence and peace in the process.



Aisha's mum Aadila was diagnosed with Alzheimers Disease. Aisha decided to find out more to better understand what was happening to her mum. When Aadila started to behave unusually, Aisha saw that this was part of the disease. This meant that rather than become scared and upset, Aisha was able to understand and give the support that helped her mum.



Sierra was a single mum, busy juggling work and raising two children. A diagnosis of advanced cervical cancer threw their world into chaos. Sierra was overcome with worry. She felt guilty for what her illness would mean to her children. Sierra's best friend found out about a new clinical trial. This support gave Sierra the courage to seek out information and resources that she needed. Being able to work this through empowered Sierra to know that she was doing the very best she could in the circumstances, and gave her the strength and vision to cope.

Knowing what is happening can be important, especially if you are caring for someone.

CareSearch provides information and resources for people who are caring for someone with a life-limiting illness.

CareSearch provides information on [finding information](#), [using the information that you learn](#), [good quality resources](#), and a range of other everyday issues.

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