

CareSearch is a website that helps 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](http://www.caresearch.com.au) in the Patients, Carers and Families section.



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**Further information:**

CareSearch is a website that offers pages written specifically for patients, family members and others in the community who need to know more about palliative care. These pages include links to other quality web resources and provide information on state and national services and organisations.

The CareSearch website is free and available now at [www.caresearch.com.au](http://www.caresearch.com.au)

## Understanding Palliative Care



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## Understanding palliative care

When an illness cannot be cured, the focus of care changes to maintaining the best quality of life possible while managing symptoms. Palliative care addresses physical symptoms such as pain or nausea as well as helping with emotional, spiritual, and social needs.

When dealing with a life-limiting illness, patients, their families, and carers may want to know more about what is happening, what services are available, and what decisions need to be made. This can be difficult as many of us do not have experience in talking about death or in dealing with this stage of life.

Having information can help us feel more in control and make it easier to understand and discuss matters with health professionals.

## For patients

Just as somebody's illness or family circumstances can be different, so can their information needs.

If you have a life-limiting illness, you may want information about a particular symptom or local organisations and groups. There may be things that you want to organise and plan, or you may just want to think about what is happening and how you are feeling.

## For carers, families, and friends

Caring for someone with a life-limiting illness can be challenging both physically and emotionally. If you are providing daily care at home, you will need information about many things, from managing medicines to coping with grief and emotions. Access to information is very important. It can help you feel more confident and in control. It can help you to identify what you need to ask and talk about.

Friends, neighbours, or workmates may also need information and reassurance about what is happening, what to say, and how to help.

## How these resources can help

CareSearch is an online resource designed to help those needing relevant and trustworthy information and resources about palliative care. Part of the website has been designed specifically for patients, for carers, and families. In this section you will find information on how to care, living with illness, pain and other symptoms, grief and loss, and much more.

All material in the website has been written and quality-checked by Australian health professionals. Pages can be read online or they can be printed and read later. There are many resources that can be downloaded for use by families.

The CareSearch resources are there when you need them. You can use CareSearch when you are ready to look for information or help about a difficult topic. You can find these resources by clicking the **Patients, Carers, and Families** link on the CareSearch home page.

