

SA Palliative Care Community Pharmacy Update

A joint initiative of South Australian Palliative Care Services

[Part 2](#) (129kb pdf) covered a range of financial supports to assist caregivers. Caregivers may also need a range of programs and services to support the emotional and physical burden of caring for someone.

Emotional & physical support

Carlisa says that caring for her mother has so far been a valuable and rewarding experience. It's also had its stressful moments, leaving her feeling emotional and exhausted. While Carlisa is aware that she should take regular breaks from caregiving and delegate duties, she's uncertain about where to locate help.

Below is a list of organisations which provide caregivers with a range of written, telephone and face-to-face guidance to support them in their role.

Programs and services

- > **Allied Mental Health Services:**
Medicare rebates are available for caregivers with an assessed psychological disorder who are referred to an allied mental health service (e.g. psychologist) by a GP managing them under a Mental Health Treatment Plan.
- > **Cancer Council Australia:**
(www.cancer.org.au) 13 11 20.
Counselling services, support groups, education groups, information and practical assistance.
- > **Carer Gateway:**
(www.carergateway.gov.au) 1800 422 737.
Online and telephone service providing practical information and resources. The interactive service finder helps connect to local support services.
- > **Carer Support SA:**
(www.carersupportsa.org.au)
Consists of a number of organisations providing a range of targeted carer support services to unpaid family carers living in SA.

- > **CareSearch:**
(www.caresearch.com.au)
Information and resources to guide caregivers in some of the practical issues that caregivers may encounter.
- > **Health Direct:**
(www.healthdirect.gov.au) 1800 022 222.
Information on life-limiting illnesses such as dementia, stroke and various cancers. The interactive service finder helps carers connect to local general practitioners, pharmacies, hospitals and emergency departments.
- > **Lifeline:**
(www.lifeline.org.au) 13 11 14.
Crisis telephone support, education groups, programs and information.
- > **National Disability Insurance Scheme:**
(www.ndis.gov.au) 1800 800 110.
Information, referral and linkage to ensure families and carers are able to access supports in the community to assist them in their role.
- > **Palliative Care Australia:**
(www.palliativecare.org.au) Written resources and links to a range of useful organisations, including specialist palliative care services, in the local area.
- > **Young Carers Australia and Carers SA**
(www.youngcarers.net.au and www.carers-sa.asn.au) 1800 242 636.
Advisory and counselling service (face to face and telephone) and fact sheets.

For more information

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This update is intended to provide practical up to date and factual information relating to pharmacy and medications management in the setting of Palliative Care and is based on critical review of available evidence. Individual patient circumstances must be considered when applying this information. Please feel free to distribute this update further to interested colleagues.