Quality caring

The facility or service where you obtained this pamphlet can give you details of all the services they offer or can access, to support you and your loved one live well through the last few months, weeks and days of life.

Living well and with maximum comfort is an achievable goal if we all work together collaboratively, you, your family and friends, your doctor and allied health along with the nursing staff who care for you or your loved one.

If you picked up this pamphlet other that from an aged care service and are looking for aged care, make sure you ask about the Palliative Approach and Advance Care Planning so that you can feel comfortable that you and/or your loved one will have an opportunity to talk about what you want both now and towards a time when end of life is approaching.

Carers Helpline - 1800 242 636

Seasons for Growth Courses

Courses are running at various locations and times if you would like to find out more information or the location and times of the next course call:

(02) 49 610 579

Healing, life skills and strength based therapy groups may also be scheduled subject to demand and interest.

Further Information

For further information please call:

Feedback and Comments

Your satisfaction with our services is very important to us and we will do everything we can to resolve any issues you raise as part of our quality improvement process. If you do have a complaint we ask that you raise it with the service you are using in the first instance, however, if it is not being resolved to your satisfaction and you have asked to speak to a senior manager without resolution, you can contact the NSW Ombudsman's Department on 1800 451 524

Hunter Aged Palliative Care Network (HAPCN)

HAPCN, through a network of liaison nurses, has been leading the Palliative (Comfort) Approach in Aged Care for many years. Nurse representatives and other health professionals working in aged and/or dementia services care services and palliative car, in the Hunter, come together to plan and deliver education, discuss research and share resources that promote best practice in this unique area of care. Any health professional or aged care service, whether private, government or non government, are welcome to become members of the network, attend network meetings & access the wide range of resource available on the HAPCN website. www.hapcn.com.au

This pamphlet is funded by the Department of Health and Ageing, Local Palliative Care Grants Round 3 & reviewed for Round 5 through the Hunter Collaborative Palliative Dementia Framework

Hunter Aged Palliative Care Network

Strategies for coping with loss & separation



Are you facing the separation or loss of a loved one?



"The sense of loss at separating from a loved one and facing a future without them can be painful and not what we had planned for. Whether they are entering an aged care facility or approaching the end of life—'coping' through this time is a huge task that we would like to help you with."

Hunter Aged Palliative Care Network

Allowing Time to Grieve

When someone has been part of your life forever the thought of living without them is a huge challenge. Sometimes you may feel that you have to put on a brave face for everyone else or that you have be there for your loved ones or other members of the family. The thought of being home alone may also be something you want to avoid and all these feelings are quite normal when faced with such a huge change in a close relationship.

Try to take some time to just be sad, allow yourself a period in each day when you can choose to sit and reminisce, to shed a tear or to just stare into space. A time that is totally just for you, being alone does not have to be lonely if you have a friendship with yourself.

Learning to be alone and enjoying your own company may take time, so practice is important. This period you give yourself each day is self healing time and it is important to be kind to yourself, to nurture your soul.

Self talk around it being 'OK' to feel bad for a while can be therapeutic and letting people know that this is your time to grieve, will allow them to relax and discuss with you the times when you will need company and support around you.

See your doctor for a health check, talk about how you are feeling and discuss how he/she can support you through this time. Grief can affect a person's immune system so it is very important to care for your health and nutritional needs during this time.

Professional Counseling

Professionally trained counsellors can provide individual or family counselling around the impact of separation and/or loss on the whole family. Although every situation is different the grief and loss around a loved one entering an aged care facility or reaching the end of life can be profound. Other emotions often come into play like guilt, despair, fear and misery; these can compound & interfere with the grief process. Counsellors are trained in grief, loss and separation and provide a safe, accepting environment. Professional counselling helps you face the future and can support you through the tough times. Talking things through will help and a professional is trained to help you do this in a safe environment with full confidentiality

Seasons for Growth

Seasons for Growth, is a group based education program that provides discovery learning around facing change in our lives. Based on the four seasons of change the program helps us understand the inevitable phases of life's journey.

Understanding what is happening to us and having meaning behind what we are experiencing, helps us build 'coping' strategies to move into the future and a confidence that things will improve as time passes.

Information: (02) 49 610 579

"In the grey cold world of winter rests the hope of spring – there is always that promise" ANON

Trying New Activities

When you are ready, start exploring activities that allow you to become involved with others at your own pace. Your local library will often have information about interest groups and local activities.

Consider learning how to use the internet if you have not already done so, this is a wonderful way of connecting with people without the pressure of having to be somewhere or stay somewhere when emotions may overwhelm you.

Work with yourself to understand what it is you are feeling, it may be guilt about feeling happy again or emptiness at seeing someone else in a relationship, allow these feelings to come up and rest with you, they are normal and they pass on .

Try something you never thought you would do, it is amazing how a totally new activity can lift your spirits, and it has no connections with your loss so it can feel very brave.

Above all talk to people, tell your family what you are doing to cope and how they can help you, people cannot read minds and you are the only person who knows what it feels like for you!



Somehow, at sometime, joy returns