Advantages of the Palliative Approach

The Palliative Approach allows you to think and talk about living well right through to the end of life - consider:

- What is important to your life and what it means to *live well for the rest of your life.*
- What care and treatment would be acceptable to you and which ones may be burdensome to you as an individual.
- What could happen in the future and what you might like to happen at the end of life.
- What choices & options are available to you for health care and medical treatment
- What choices do you have about where and when to receive care and treatment.

PLANNING AHEAD PROVIDES PEACE OF MIND

Further Information

For further information about the Palliative Approach in Aged Care within this facility, please contact:

Trained Staff

There are many staff within our facility who are trained in the Palliative Approach. They are available to discuss your quality of life needs with you and your family, either within the facility or your own home if you are a community client. Please do not hesitate to ask if you would like to speak with someone on this issue or if you have any concerns for yourself or your loved one.

Specialist Palliative Care Services

Specialist Palliative Care Services are also available through the local area health service and may be called upon for more complex care and treatment issues at the end of life.

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Hunter Aged Palliative Care Network

THE PALLIATIVE APPROACH IN AGED CARE



"honors and protects those who are dying and conveys by word and action that dignity resides in people"

Field & Cassel 1997

A Guide to 'Living Well' towards the end of life...

What is the Palliative Approach in Aged Care?

The palliative approach is about recognising that most chronic disease processes experienced in the later years are life limiting.

The palliative approach is focussed on supporting a person and their family in quality of life decisions once a chronic disease passes a 'turning point' in its trajectory, **it is not** about stopping care.

The palliative approach allows people to make choices about treatments which may affect their quality of life, as opposed to accepting treatments to prolong their life at all costs, **it is not** about stopping all treatment.

The palliative approach is about ensuring that a person and their loved ones have all the information they need to be involved in their treatment and care towards the end of life.

The Palliative Approach

Supports Advanced Care Planning and Advanced Care Directives in recognising that people have the right to optimum wellness in the last years/months of life.

Is about wellness, wellbeing & comfort at a time when curative treatments have limited effect.

Empowers the person and their loved ones to determine how they want to live at this time.

The Palliative Approach

The Palliative Approach enhances the care already provided to care recipients and their families in aged care. It incorporates an ongoing discussion with care providers about everyday life decisions - these may be as simple as adjusting the daily routine to suit reduced capacity, or more detailed such as whether to have a skin lesion removed or where to be cared for during illness or death.

The Palliative Approach

Is about having all the information about a disease and its likely progression so that a person or their person responsible can discuss and make informed choices about care and treatment towards the end of life.

What are the Benefits of a Palliative Approach?

A palliative approach is appropriate for individuals with any life limiting illness and their families. Life limiting illnesses include cancer, chronic diseases such as heart, lung, kidney and liver disease as well as other conditions often seen in the elderly including stroke, dementia and Parkinson's.

The Palliative Approach in aged care is about recognising that many elderly people require increased care services towards the end of life due to illnesses that are life limiting. This approach provides a focus on active, comfort-focused care and a positive approach to reducing suffering and promoting understanding of the dying process, loss and bereavement.

The Palliative Approach in aged care works towards supporting the older person and their family though the last months or weeks of life within their own home, which may or may not be a residential aged care facility. Specialist Palliative Care Services can also be called upon to support the Palliative Approach where symptoms are causing discomfort and concern.

The Palliative Approach aims to maximise total wellbeing by meeting the holistic needs of the older person and their caregiver/s in the provision of physical, cultural, psychological, social and spiritual care.

Thorough assessment, open communication and informed choices about treatment and care which can improve a persons quality of life are all integral to the Palliative Approach in aged care.

'Underlying the philosophy of a palliative approach is the view that death, dying and bereavement are all an integral part of life'.