How will this project benefit residents and families?

If residential aged care services have increased skills to provide comfort care for residents who are dying it may assist in:

- reducing the admission and/or transfer of residents to acute care facilities
- increasing the involvement of the resident and their family in the decision making about their care
- encouraging open and early discussion on death and dying
- facilitating advance care planning
- providing opportunities for improved control of pain and other symptoms, in a setting that is familiar to the resident



For more information contact:

cebparac
Comprehensive Evidence Based Palliative Approach in Residential Aged Care

www.caresearch.com.au/caresearch/CEBPARAC.aspx

The Comprehensive Evidence Based Palliative Approach in Residential Aged Care project is funded by the Australian Government Department of Health and Ageing under the Encouraging Best Practice in Residential Aged Care (EBPRAC) program.

Information for residents and family

A comprehensive evidence-based palliative approach in residential aged-care



Improving the end-of-life care for residents and their families

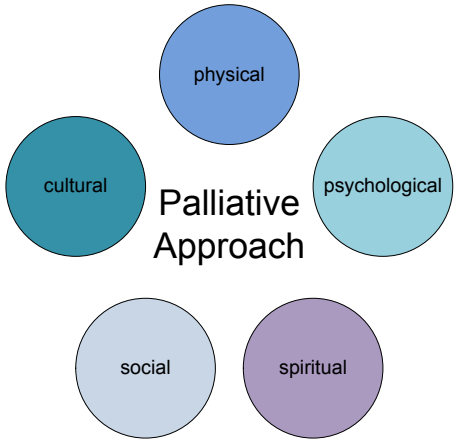
cebparac

What is cebparac?

The Comprehensive Evidence Based Palliative Approach in Residential Aged Care (**cebparac)** project is funded by the Australian Government Department of Health and Ageing under the Encouraging Best Practice in Residential Aged Care (EBPRAC) program. The aim of this project is to improve the palliative care provided to residents in aged care facilities. This will be achieved by implementing a model of care based on the best available evidence. The aim of the project is to develop a tool kit and other resources that can be utilised in residential aged care facilities throughout Australia to benefit palliative care practices.

What is a palliative approach?

A palliative approach is a philosophy of care which aims to improve the quality of life for both individuals at the end-of-life and their families by reducing their suffering. The focus is on early identification, assessment and treatment of pain, physical, cultural, psychological, social and spiritual needs.



Who is involved in this project?

The project is a collaboration between the University of Queensland/ Blue Care Research and Practice Development Centre, Southern Adelaide Palliative Services, Cancer Palliative Care Network (Western Australia), Brisbane South Palliative Care Collaborative, Queensland Health, Blue Care, Padman Health Care, Boandik Lodge and Brightwater.

There are nine residential aged care facilities involved in the cebparac project:

- Amaroo Aged Care Service (Blue Care)
- Iona Village (Blue Care)
- Redland Residential Care (Queensland Health)
- Moreton Bay Nursing Care Unit (Queensland Health)
- Miroma (Padman Health Care)
- Skyline (Padman Health Care)
- Boandik Lodge
- The Cove (Brightwater)
- The Oaks (Brightwater)



What is the time-frame of the project?

cebparac is a two-year project running between January 2009 to December 2010. During 2009, the project team has been working with facility staff to provide information and training related to a palliative approach.

From October 2009 until June 2010 the focus will be on implementing the palliative approach in your facility. The project team will continue to work closely with facility staff to provide support and education.

How might this project effect you?

Some residents and their families may be invited to participate in this project. If this occurs you will be provided with some more information on the project. Whether you decide to participate or not will be completely up to you.

We are looking forward to working with your facility to build their palliative care skills to ensure the comfort and dignity of all residents undergoing palliative care.

