



Your choices with palliative care

We recognise that palliative care is not an easy subject to talk about, but with proper planning and help from our caring hands, the process can be easier to manage.

What is palliative care?

Palliative care is a family-centred model of care providing treatment, care and support that helps people, and their families and carers, to live their life as fully and comfortably as possible when living with a life-limiting or terminal illness such as cancer, motor neurone disease or end-stage diseases.

With an increase in the number of older people wishing to remain at home in the last days of their lives, it is important to start thinking about what care you want nearing the end of your life, and make it known to health professionals, family, and friends so everyone is aware of your preferences.

How our caring hands can help

Like everything we do, we support our customers to be independent at home, and that includes at the end of their lives. Staying at home means familiarity, comfort and being surrounded by loved ones.

Southcare provides a network of support including:

- in-home visits with Southcare's nursing team who can discuss treatment options and manage pain, symptoms, medications and comfort
- arranging appointments with doctors, nurses, physiotherapists, occupational therapists, religious and cultural representatives and support workers
- respite for loved ones for when they need to re-charge

Our caring hands offer empathy and experience at this challenging time, and we encourage you to reach out if you need support.

How referrals can help

Palliative Care WA offers free services in WA with a compassionate and expert local team who can help you navigate your way through any challenges. They run workshops on advanced care planning you can call their helpline on 1800 573 299 between 9am-5pm, every day of the year.

Speak to your General Practitioner who can provide more information and get the process underway.

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