



Palliative care for people close to you



Easy Read

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This is information to help you understand what palliative care is.

It will help you if a family member or friend has been told that they are dying and they need palliative care.



How to read this information

It is good to read this information if someone close to you is dying.

Thinking about dying can make you feel lots of different things.

It might make you feel

- sad
- confused
- frightened
- angry.

You can feel different things at different times.



You can read this information with someone you can talk to.

They can give you support.



You could read it with

- a person in your family
- a friend
- a religious leader
- a social worker
- a counsellor
- your support worker.



They can help you understand the information.

They can answer questions.

You can talk to them about how you are feeling.

They can comfort you. You can comfort them too.



You do not have to read all this information at the same time.

You might only want to read some of this information now.

You can think about it and read the rest when you are ready.



What does dying mean?

Dying is part of life.

Dying means your life ends.

Everyone will die.

Not only old people die.



People can die at any age because of

- an accident
- an illness that cannot be treated
- a condition where there is no more treatment that will help
- a condition that gets worse over time
- old age.



Death is a normal part of life.

It will be a sad time for you and your family and friends.



Death and dying are sometimes called other words

- passed away
- passed over
- departed
- gone
- lost.

People with intellectual disability have told us they want to use the words death or dying so they understand.

We will use these words here.



It can be hard to think about dying or talk about it.

It helps to talk about it with people you trust.



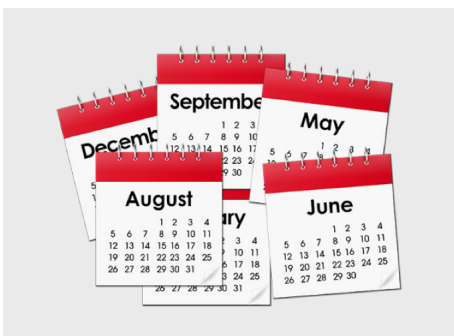
What is palliative care

Palliative care is special support when someone is near the end of their life.



End of life means a person has an illness or a condition that means they will die.

This means that there is no medicine or treatment that will help them live longer.



People who get palliative care might have a couple of weeks to live, a couple of months or a year.



Palliative care helps reduce pain.

It makes a person as comfortable as possible until they die.

People can get palliative care as soon as they are told that they will die from their illness.



Palliative care can also support you so that you understand what is happening.

It can help families and close friends if they are worried or sad.



What does Palliative care do?

Palliative care does not make someone better.

Palliative care helps to reduce pain.

It also offers people support in different ways.



Palliative care can be

- medicine to help with pain
- medicine for problems caused by the illness
This could be things like vomiting or problems breathing
- advice from a counsellor to help the person who is dying
- counselling for family and other people close to the person who is dying
- advice to make decisions about medical treatment
- support with cultural issues
- support with religious beliefs.





Palliative care is different for every person.

People can make decisions about their medical care.



Palliative care helps people live as well as possible until they die.

It does not make their life longer or shorter.

People can make decisions about how much support they want.



If there is treatment for their medical condition they can still get it if they want it.



Who does palliative care?

Palliative care can be given by

- your doctor
- a specialist doctor
- a palliative care nurse
- palliative care services.



Palliative care services can help when the illness becomes too hard to manage.

They can link people to other services and supports.



Where do you get palliative care?

A doctor or palliative care service will talk to the person about palliative care.

It depends on the services and supports in each area.



Palliative care can happen

- at home
- in a hospital
- in a special palliative care part of a hospital
- in a hospice.

A hospice is a special home for people who are close to dying.



Can someone decide what palliative care they get?

The doctor or social worker will tell them about services they can use.

People can make decisions about their care.

They will get support to help them make decisions.



Palliative care is not euthanasia

Some people are worried that palliative care is the same as euthanasia.

It is not.

Euthanasia is ending the life of a person who is dying or is very sick.

It means that you choose to die and someone helps you with it.



Palliative care makes the time before a person dies as comfortable as possible.

Palliative care does not end your life.



Telephone Support

You can call Telephone Support any time of day or night.

It is also open on the weekends and on public holidays.



You can call telephone support on **1800 022 222**.

You can talk to a registered nurse

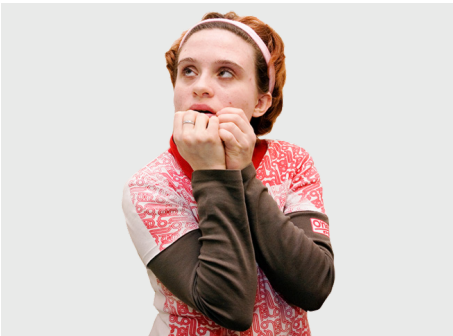
Telephone Support is for

- People getting palliative care
- Families
- Carers.



Telephone support can help if you

- cannot contact the usual doctor, nurse or palliative care service
- have any questions about your medicine
- have problems with equipment you are using
- need support because you are worried or frightened
- need information about services you can go to.





Palliative Volunteer Support Services

There are volunteers who can help you and your family.

The palliative care volunteers can

- look after children
- go with you to doctor's appointments
- write someone's life story
- help around the house
- make phone calls.



Your doctor or palliative care service can give you more information.

This fact sheet has been made easy to read by
Council for Intellectual Disability

CID has an information service.

Contact if you need help to understand this fact sheet
or anything.

Call **1800 424 065** or email **info@cid.org.au**

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