



Australian Government  
Department of Health and Aged Care



# Palliative care improves quality of life

If you have a life-limiting illness,  
it's never too soon to plan for  
your care.

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For more information about  
palliative care, visit:



[health.gov.au/palliative-care](https://health.gov.au/palliative-care)

# Early delivery of palliative care leads to **better mental health and wellbeing** for people with a life-limiting illness and their families.

If you have a life-limiting illness, palliative care can help you live as fully and as comfortably as possible.

Palliative care:

- includes physical, psychological, emotional, medical, cultural, medical and spiritual care
- can be provided in a range of settings, including your home, an aged care home, hospital, hospice or a palliative care unit
- includes support for family and carers.

## **It's never too soon to plan for your care.**

Early conversations about end-of-life care can help you plan your care:

- Think about your values and preferences and let your loved ones know your wishes.
- Create an Advance Care Plan so that your health care preferences are known and respected if you can't speak for yourself.

**If you have a life-limiting illness,  
talk to your GP about  
palliative care options.**