



# Let's yarn about ageing well



## What is palliative care?

**Palliative care is care for people living with an illness that has only a small chance of a cure or will lead to the person passing away.**

### Palliative care

It is for people of any age and can last for many years. It can be provided in your home, a hospital, or an aged care home.

For mob, palliative care must be culturally safe, and consider your emotional and cultural wellbeing, as well as that of your family and community.

### What services are included in palliative care?

Lots of services and treatments are offered as part of palliative care. These can include:

- pain relief
- advance care planning
- spiritual and religious support
- cultural support
- grief counselling
- care for a person's family after they pass away.

Support services are also available for families and communities in Sorry Business, if needed.

### Aboriginal Medical Services

Aboriginal Medical Services can help by finding culturally safe palliative care services, including care that can be delivered on Country.



You have the right to make your own choices and receive care that respects your spiritual and cultural beliefs. Yarn with your health worker or doctor about palliative care services available to you.

## For more information:

- Go to [MyAgedCare.gov.au](https://myagedcare.gov.au)
- Call My Aged Care on **1800 200 422**
- Visit your local Services Australia office