

# Palliative care support



Sometimes, people have an illness that has only a small chance of a cure or will lead to them passing away. The End-of-Life Pathway and other palliative care support helps people to stay safe and comfortable.

Palliative care is available at any age and can last for many years. The End-of-Life Pathway is for a shorter time, when a person starts to get worse. You don't need to be receiving a pension to access these services.

## What is palliative care?

Palliative care provides people with the choice to:

- stay at home
- avoid having to go into hospital or into an aged care home
- get cultural support or care from Aboriginal and Torres Strait Islander health workers where available.

For Aboriginal and Torres Strait Islander people, it needs to:

- be culturally safe
- consider emotional and cultural wellbeing of the individual, their family and community.

It's about dignity and making sure people have choices about what care is right for them.

## What is the End-of-Life Pathway?

The End-of-Life Pathway and palliative care can include:

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

Support services are also available for families and communities during times of Sorry Business.

## What is advance care planning?

An advance care plan can help a person's family and community know their wishes if they become sick or can't make decisions themselves.


It is a way to record a person's choices, including what is important for their palliative care and how they are laid to rest.

Plans can be done over time, with family, Elders and trusted people. Aboriginal and Torres Strait Islander health workers or other trusted services can help talk to everyone about the options available and help to make the plan.

## Where to get help

Everyone has the right to make their own choices and receive care that respects their spiritual and cultural beliefs.

Get the support you need to age well – online, by phone or in person.

 Speak with your local health service or Elder Care Support worker

 Visit [MyAgedCare.gov.au](https://myagedcare.gov.au)

 Call My Aged Care on **1800 200 422**

 Visit a Services Australia office



Australian Government

Department of Health,  
Disability and Ageing

