

## What is Palliative Care?

*It is the care for people of all ages with a life-limiting or life-threatening condition which aims to;*

- ◆ Optimise a person's quality of life including their physical, psychosocial, spiritual and cultural needs.
- ◆ Support the person's family, whānau, and other caregivers where needed, through the illness and after death.
- ◆ Provide Palliative Care according to a person's needs, and may be suitable whether death is days, weeks, months or occasionally even years away.
- ◆ Improve quality of life which may sometimes include supportive treatments e.g. radiotherapy, antibiotics
- ◆ Be available wherever the person may be located.

## Palliative Care Focus

### Relief

from burdensome symptoms  
so you can focus on living

### Comfort

provide comfort to you and  
your family and whānau

### Support

physically, emotionally, spiritually so you  
can enjoy life and have quality time with  
family, whānau and friends



## Who provides palliative care?

Care can be provided by a number of health professionals who work together as a multidisciplinary team.

It may include;

- General practitioners
- Practice nurses
- Specialist palliative care doctors and nurses
- Specialist doctors such as geriatricians, oncologists, cardiologist, respiratory physicians
- Social workers
- Occupational therapists and physiotherapists
- Chaplains and spiritual advisors
- Volunteers

## Where do we receive palliative care?

Palliative care is provided in

- a person's home
- a hospital
- an aged care facility
- a hospice

## What is a hospice?

A hospice is a place to care for those with specialist palliative care need. It is staffed by specialist doctors, nurses, social workers, chaplains, and volunteers and offers total care for a person and their family and whānau.

## Can you still get active treatment?

Treatment can often be continued, however the focus of the treatment is supporting quality of life.

## Where can I find more information?

**Arohanui Hospice** [www.arohanuihospice.org.nz](http://www.arohanuihospice.org.nz)

**Hospice NZ** [www.hospice.org.nz](http://www.hospice.org.nz)



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