

## WHERE IS PALLIATIVE CARE PROVIDED?

Palliative care is provided in the home, residential aged care facilities, hospitals and other health care centres.

## How can I access the palliative care service?

You and your family can contact the service directly or be referred by your GP or other healthcare provider.

The person being referred **must consent** to the referral and the involvement of their local GP to support care needs.

*If you are not sure if palliative care is for you, call your nearest service for a discussion and advice.*

## CONTACT DETAILS

Benalla Palliative Care Service  
Benalla Health  
Ph: (03) 5761 4207  
[www.benallahealth.org.au](http://www.benallahealth.org.au)

Goulburn Valley Hospice Care Service  
Ph: (03) 5822 0068  
[www.gvhospice.com.au](http://www.gvhospice.com.au)

NHW Palliative Care Service  
Northeast Health Wangaratta  
Ph: (03) 5722 5184  
[www.northeasthealth.org.au](http://www.northeasthealth.org.au)

Moira Palliative Care Service  
NCN Health  
Ph: (03) 5862 0558  
[www.ncnhealthservices.org.au](http://www.ncnhealthservices.org.au)

Lower Hume Palliative Care Service  
Seymour Health  
Ph: (03) 5735 8070  
[www.seymourhealth.org.au](http://www.seymourhealth.org.au)

Wodonga Palliative Care Service  
Albury Wodonga Health  
Ph: (02) 6051 7423  
[www.awh.org.au](http://www.awh.org.au)

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# COMMUNITY PALLIATIVE CARE SERVICES

*Specialist healthcare and practical support in the Hume Region*



Services provided in the Shires of Alpine, Benalla, Greater Shepparton, Indigo, Mansfield, Mitchell, Moira, Murrindindi, Strathbogie, Towong, Wangaratta and Wodonga.

# Community Palliative Care Service Information

## WHAT IS PALLIATIVE CARE?

When an illness cannot be cured, the focus of care changes to helping people to have the best quality of life possible while managing their symptoms. Palliative care concentrates on maintaining quality of life by addressing physical symptoms, such as pain, nausea, shortness of breath etc. It also helps with emotional, social and spiritual needs. Palliative care services support the person who is ill, as well as their carers and family.

## WHAT DOES PALLIATIVE CARE OFFER?

The palliative care service provides home visit palliative care consultation, offering advice, support and assistance to people to help make informed choices about care options.

## WHO IS PALLIATIVE CARE FOR?

Palliative care can be introduced at the time of diagnosis, during the course of the illness, at the end of life and in bereavement. Palliative care can be given alongside treatments provided by other doctors.

## PALLIATIVE CARE SERVICES OFFER:

- Specialist palliative care assessments;
- Care coordination;
- Symptom support, advice and management;
- Practical support for everyday activities;
- Equipment loans;
- Individual and family emotional support;
- Bereavement care; and
- After hours phone advice from specialists palliative care nurses.

## PALLIATIVE CARE TEAM INCLUDES:

- Specialist Palliative Care Nurses
- Bereavement support workers
- Family Support workers
- Volunteers and Volunteer Coordinators
- The teams work closely with other health professionals including (but not limited to) Physicians, GP's and District Nurses.
- The teams are supported with secondary advice from the Palliative Care Consultancy Services at Albury Wodonga Health and Goulburn Valley Health, and St Vincent's Health Specialist Palliative Care Physicians.