

How palliative care can help

If you have an incurable or terminal illness, your local palliative care service can provide you and your family with support such as:

1. A nurse calling you or visiting your home to see how you are going;
2. Help to manage any physical problems such as pain, so you are more comfortable;
3. Help to understand how some things might change – things such as taste, how much food you want to eat, your energy levels;
4. Talking to your family members if they are tired or distressed;
5. Help to talk to doctors and other health providers;
6. Help to understand all about your medications – what it is, what it does and when it should be taken;
7. Help to understand your options for treatment in Australia and helping you to choose what is best for you;
8. Arrange for you to have equipment to help you in your home, including a hospital bed, shower chair, wheelchairs etc. (a small cost may apply);
9. Arrange respite in the home for family and carers, so they have a chance to rest;
10. Help to understand where financial help can be available, and how to access it;
11. Help to meet spiritual care needs and manage grief;
12. Help to find other services you may need.

Wax qabadka aad ka heli karto adeega Bugtada

Hadii aad qabto xanuun aan daawo lahayn ama khatar ah adeega daryeelka bugtada ee kugu dhaw wuxuu kuu qaban karaa adeegyo ay ka mid yihiin:

1. Kalkaaliso caafimaad oo telefoon kugula soo xiriirta ama guriga kuugu timaada si ay eegto xaaladaada;
2. In lagaa caawiyo saad u yareyn/dajin lahayd dhibka xagga jidhka sida xanuunka oo kale si aad uga roonaato;
3. In lagaa caawiyo fahanka isbadallada kugu dhici kara sida dhadhanka, inta aad ka qaadan karto cuntada iyo heerka tabartaada;
4. In lagu diyaariyo qalab aad ku isticmaasho guriga sida sariirta isbitaalka, kursiga lagu qabaysto, kursiga lagu socdo iyo wixii la mada. (waxaa laga yaabaa in kharash yar lagugu soo dallaco);
5. In loo diyaariyo reerkaaga ama cidda ku daryeelayso waqti nasasho si ay u nastaan;
6. In lala hadlo reerkaaga hadii ay daallanyihiin ama argagaxsanyihiin;
7. In lagaa caawiyo la xiriirka takhaatiirta iyo adeegyada kale ee caafimaad;
8. In lagaa caawiyo fahanka daawada-waxa ay tahay, waxa ay qabato iyo waqtiga ku haboon in la isticmaalo;
9. In lagaa caawiyo saad u dooran lahayd daryeelka caafimaad ee kuugu fiican ee Australia laga heli karo;
10. In lagaa caawiyo meelaha dhaqaalaha laga helo iyo sida lagu heli karo;
11. In lagaa caawiyo daryeelka dhanka diinta ah iyo fududeynta murugada/tiiraanyada.
12. In lagaa caawiyo saad u heli lahayd adeegyo kale hadaad u baahato.