

# Let's talk about palliative care



**Let's talk about  
palliative care**



This booklet is in Easy English and uses photos to help you understand the information about what happens when someone dies.



You might want someone like a family member, friend or carer to help you look at the booklet so you can talk about it.



If you feel upset and need help you can call:



**GriefLine:** 1300 845 745



**Lifeline:** 13 11 14



**Beyond Blue:** 1300 22 4636

# The story of Lisa's Mum



Lisa's Mum has been sick for a long time  
She has cancer.  
She is in hospital a lot.  
Lisa is confused.  
She worries about her Mum.



The doctor told Lisa's Mum that she will  
not get better and will die.  
Lisa is scared that her Mum will die soon.  
Lisa does not know how much time her  
Mum has left.



The doctor helped Lisa's Mum talk to a  
palliative care service about the support  
they all need.



## What is palliative care?

If you are sick and your doctor says you will not get better and will die, palliative care can help to make you comfortable.



## How can palliative care help you?

Palliative care can help you:

- with your pain
- to live as well as you can until you die
- to understand your feelings
- to talk about what is important to you, like spiritual or cultural support
- to plan what you do with the time you have left

## Who works in the palliative care team?



- **palliative care doctors**
- **palliative care nurses**



- **physiotherapist** – helps people find ways to move around easier
- **occupational therapist (OT)**
  - helps people to do things for themselves as much as they can



- **counsellor** – helps people with their feelings
- **social worker** – helps people find support for their problems



- **speech therapist** – helps people who have problems with talking or eating
- **dietitian** - helps you with the right things to eat



- **volunteer** – someone who is not paid but chooses to help people



You can talk to the nurses about your feelings and your fear of dying. They can help you make plans for your funeral. They can support your family and friends.



## Where can you get palliative care?

You can get palliative care:

- in your home
- in a hospital
- in a hospice - a special hospital for people who are dying
- in your group home
- in a care place, like a nursing home



**Getting palliative care early can help you to live better.**

## How do you get palliative care?



- you or your family can call a palliative care service
- your doctor can help you to meet with a palliative care service



## How much do you have to pay for palliative care?



Most palliative care services are free.  
You might need to pay for things like special equipment.

## Where can you get help?



**Palliative Care Victoria:**

1800 660 055 (Free Call)



**Palliative Care & End of Life  
Care Advice Line:**

1800 360 000 (Free Call)

## What happened with Lisa's Mum?



The palliative care nurse came to Lisa's house.

She talked to Lisa, her Mum and her Dad.



Lisa's Mum talked to the nurse about her pain.

The nurse gave her medication.

The medication helped her feel comfortable.



Lisa's Mum talked about the things that are important to her:

- spending time with Lisa and her Dad
- spending time with friends
- eating her favourite biscuits



- listening to music
- knitting
- talking to a priest about death and dying
- dying at home if she can



Lisa's Mum made plans to:

- get a wheelchair
- watch Lisa dance
- hear Lisa sing



- go on a holiday with Lisa and her Dad
- go to the beach to enjoy the smell of the sea
- eat fish and chips at the beach



Lisa and her Mum got a statue made of their hands.

It was a special time for them.

The palliative care nurse helped Lisa and her Mum make a photo book.

The statue and photo book are things Lisa will always have.



Lisa's Mum was more tired and slept most of the time.

She was not hungry and stopped eating.

The nurse came to Lisa's home more often.

She gave Lisa's Mum medication to make her comfortable.



Lisa and her Dad were with her Mum when she died.

It was hard to say goodbye.

Lisa was very sad and cried a lot.



Now when Lisa is sad she talks to her Dad and they look at the statue and photo book of her Mum.

Notes:

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If you found this booklet helpful  
you might like to read more:

**Loss of a loved pet**



It's okay to talk about grief

**Loss of a loved one**

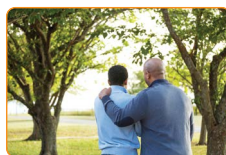


It's okay to talk about grief

**When someone dies**



**Let's talk  
about death**



Contact Palliative Care Victoria 1800 660 055 (Free Call)

## Appreciation

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**VALID**

**PalliativeCare**  
VICTORIA  
Living, dying & grieving well



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