Rural and Regional Specialist Palliative Care Service
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About this brochure
This brochure is designed to provide patients and their families with a brief explanation of what palliative care is and the services that are available to you.

Rural and Regional Specialist Palliative Care Service
Rural Specialist Palliative Care Service teams are established in each of the seven regions of country WA to improve equitable, accessible palliative care services for individuals and their families. Specialist palliative care teams are made up of different professionals who are experts in palliative care. They work with your GP and primary healthcare team by providing specialist advice and treatment so you receive the care that you need in the place of your choice. Your local team might consist of doctors, nurses, medical specialists, social workers, patient care assistants, dieticians, counsellors, physiotherapists, occupational therapists and trained volunteers.

What is palliative care?
Palliative care is provided to those whose illness cannot be cured. It aims to support people to live as well as possible while they manage their illness. Patients can access palliative care early in the course of their illness and may continue with other treatments such as chemotherapy, radiotherapy and alternative therapies.

Who is a palliative patient?
Our Rural Specialist Palliative Care Service teams support patients who have advanced cancer and other diseases such as dementia, motor neurone disease, multiple sclerosis, genetic disorders, end stage heart, kidney, liver, and lung diseases.

Who can refer?

We accept referrals from other health care professionals working in local metropolitan or interstate agencies.

Referrals can be from:

- medical providers, e.g. general practitioners
- allied health professionals, e.g. social worker, physiotherapist
- service providers, e.g. local nurse, Home and Community Care (HACC), Silver Chain
- self-referral
- family or carers.

Patient consent will always be sought prior to progressing the referral. All referrals to the palliative care service are required to have GP/medical approval prior to progressing the referral. For self-referrals please use the contact details provided at the end of this brochure.

When does a referral usually occur?

Referrals to palliative care occur for many reasons and Rural Palliative Care Services receive referrals in the following situations:

- A patient has active, progressive and advanced disease and the focus of care is quality of life.
- A patient has pain and/or other symptoms that are persistent, complex or difficult to control.
- A patient and/or their family has psychological, social or spiritual needs that require specialist assessment.
- Care needs of the patient and/or their family exceed the resources of the local community.
- The patient is dying and/or their family is distressed.
- The local health professionals request advice and support.
What our rural palliative care services offer:

- care coordination (links with other services involved in your care)
- pain and symptom management
- home care and inpatient care
- spiritual care
- emotional and psychological support
- respite and practical assistance
- carer support
- assistance with legal and financial matters
- bereavement care.

Legal and financial

Advance Care Planning

Advance Care Planning (ACP) is an ongoing discussion between you, your carers/family and your health care professionals about your values, beliefs, treatment and care options. In particular, your wishes for future care should you no longer be able to communicate your decisions at the time they are needed.

Advance Health Directive

An Advance Health Directive (AHD) is a legal document that outlines your wishes in relation to medical, surgical and dental treatment and helps you plan for personal, treatment and lifestyle matters. More information can be found at www.health.wa.gov.au/advancehealthdirective/home/

Enduring Power of Guardianship

This allows you to appoint one or more people who you entrust to make decisions in relation to your personal, lifestyle and treatment decisions. For more information about enduring guardians contact the Office of the Public Advocate www.publicadvocate.wa.gov.au
Enduring Power of Attorney
This is a legal agreement that allows you to appoint a trusted person or agency to manage your financial affairs and any property you may have in the event you are unable to attend to these. See the Office of the Public Advocate website for details www.publicadvocate.wa.gov.au/

Donating your body to science
If you wish to donate your body to science, the University of Western Australia, School of Anatomy, Physiology and Human Biology is licensed to accept these bequests. For more information please contact the University of Western Australia. www.aphb.uwa.edu.au/body-bequest/program

Please note this may incur significant financial costs for people in remote, regional and rural areas of Western Australia.

Superannuation
Individuals diagnosed with a palliative illness, may be eligible to access their superannuation early, depending on individual circumstances. More information can be found at www.humanservices.gov.au/customer/services/centrelink/early-release-superannuation

Department of Human Services/Centrelink Payments
You or your carer may be eligible for payments or concession cards. Please contact the Department of Human Services website for more information: www.humanservices.gov.au/customer/themes/medicare-and-your-health
Useful websites and contacts

Palliative Care WA
www.palliativecarewa.asn.au

WA Cancer and Palliative Care Network

Caresearch
www.caresearch.com.au

Palliative Care Australia
www.palliativecare.org.au

Camp Quality
www.campquality.org.au

Canteen
www.canteen.org.au

Financial Counselling Services
www.anglicarewa.org.au

Advance Health Directives

Enduring Power of Guardianship
www.publicadvocate.wa.gov.au

Contacts

Cancer Council Helpline: 13 11 20
Caresearch Patient Help Line: (08) 7221 8233
Palliative Care WA: 1300 551 704
“You matter because you are you, and you matter to the end of your life.

We will do all we can to not only help you die peacefully, but to also live until you die.”

Dame Cicely Saunders 1918-2005
Contact Details for Rural Palliative Care Teams

Goldfields Palliative Care Service
Nurse Manager
Tel: 9080 5290
Mob: 0429 233 403
Email: goldfieldspalliativecare@health.wa.gov.au
Fax: 9080 5808
Address: Kalgoorlie Health Campus,
Locked Bag 7, Kalgoorlie 6433

Great Southern Palliative Care Service
Regional Palliative Care Coordinator
Tel: 9892 2380
Mob: 0429 379 145 – preferred contact
Email: gs.palliativecare@health.wa.gov.au
Fax: 9892 2580
Address: Albany Health Campus,
PO Box 252, Albany 6331

Kimberley Palliative Care Service
Regional Nurse Coordinator Palliative Care
Tel: 9194 2325
Mob: 0434 181 044
Email: KHR.PalliativeCare@health.wa.gov.au
Fax: 9194 2282
Address: PO Box 62, Broome 6725
Midwest Palliative Care Service
Nurse Manager
Tel: 9956 2431
Mob: 0407 949 040
Email: Palliativecare.midwest@health.wa.gov.au
Fax: 9956 8747
Address: PO Box 22, Geraldton 6531

Pilbara Palliative Care Service
Nurse Manager
Tel: 9174 1636
Mob: 0457 537 227
Email: WACHS-Pilbara.PalliativeCare@health.wa.gov.au
Address: 2nd floor State Government Building,
Cnr Brand and Tonkin St, South Hedland 6722

South West Palliative Care Service
Nurse Manager
Tel: 9781 4060
Mob: 0429 204 836
Email: wachs-swpalliativecare@health.wa.gov.au
Fax: 9781 4057
Address: 8A Spencer St, Bunbury 6230

Wheatbelt Palliative Care Service
Nurse Manager
Tel: 9690 1780
Mob: 0408 399 016
Email: wheatbelt.palliativecare@health.wa.gov.au
Fax: 9690 1601
Address: PO Box 312, Northam 6401