

## Meet a patient and her family

*Selma is 55 years old and has terminal ovarian cancer. She lives with her husband Rami and their daughter Christina. Rami has given up work to care for Selma.*

*Selma was referred to the Palliative Care package by the Oncology Social Worker following a stay in hospital. Selma was still able to mobilise, shower and dress herself however is finding that the process is now exhausting and leaving her with little energy for activities that she might enjoy.*

*The Case Manager was able to arrange a Care Worker to provide bi-weekly domestic services to support the family. After 3 weeks Rami contacted the Case Manager to report that Selma's condition had deteriorated, and he had been told she may die within the next week. The Case Manager attended the home the next day where Selma was now bed bound. The LHD Palliative Care team was managing the clinical aspect of Selma's care and Rami was still wanting to attend to her personal care. He wanted the Care Workers to prepare meals for him and his daughter and to sit with Selma while he showered. The Case Manager was able to adjust Selma's Care Plan and daily support was organised from the next day onwards.*

*Selma died in her home 4 days later. Rami contacted the Case Manager the day after Selma's death. He thanked her for the great support provided by the Care Workers which allowed him to spend quality time with his wife in her last days.*

## Contact Information on Discharge

Hospital Contact:

Name:

Phone:

Out of Hospital Care Provider:

Name:

Phone:

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Health

# The Out of Hospital Care Program Palliative Care Packages



## Information for Patients and Families



Health



## What are Palliative Care Packages?

These are short term packages of non clinical home care for people nearing the end of their lives. The packages can assist patients to remain at home for as long as possible. The packages can also provide support to families and carers.

### Package

A package can be available for **up to six weeks** at a time. Your Case Manager will work with you and your family/carer to monitor your ongoing needs. Packages may be repeated if you require additional support.

### Getting a Referral

Referrals can be made when you are a patient in hospital or when you are receiving out-patient or community health services. Staff who can refer include:

- Nurses
- Occupational Therapists/Physiotherapists
- Social Workers

## Services

When receiving a package you are allocated your own Case Manager who is the key contact for you and your family or carer.

The Case Manager will develop a care plan with you and arrange services to be provided in your home. These services may include:

**Personal care** - assistance with bathing, oral care, dressing, hygiene, dressing and grooming.

**Domestic assistance** - house cleaning, vacuuming, mopping, laundry and shopping.

**Meals** - meal preparation or pre prepared meals.

**Transport** - for medical and other appointments.

**Social support** - accompaniment to: appointments, shopping and paying bills.

**In home respite care** - support for families and carers.

## Who is eligible?

A person who is nearing the end of their life who:

- needs home care services to manage at home for as long as possible,
- has a carer or family members who require home care services to help care for a person at home for as long as possible.

\*\*While the OHC packages are available to people of all ages these do not generally deliver direct care to children. Instead the packages can support parents or other care givers who are providing the child with care.