



Palliative Care
New South Wales

Dying with Dignity
Community Webinar

Acknowledgement of Country

I would like to start by acknowledging that I am presenting today on the lands of the Gadigal people of the Eora nation. I pay my respects to their culture, their people and elders past, present.

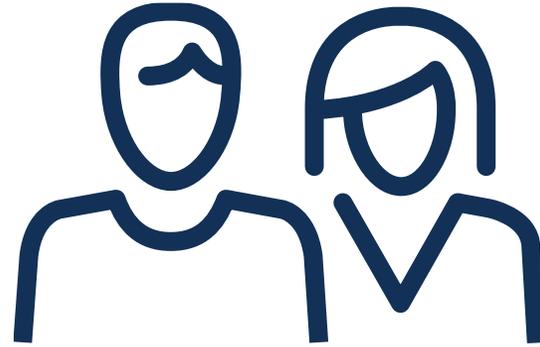
Palliative Care NSW commits to walking with and learning from Aboriginal and Torres Strait Islander people on their care journey



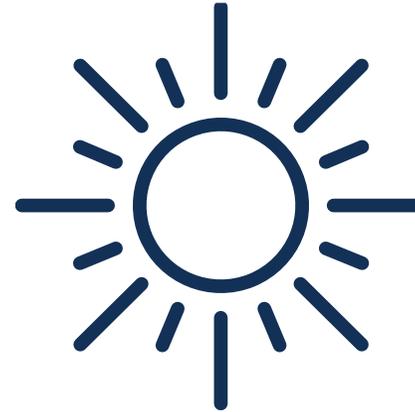
About Palliative Care NSW



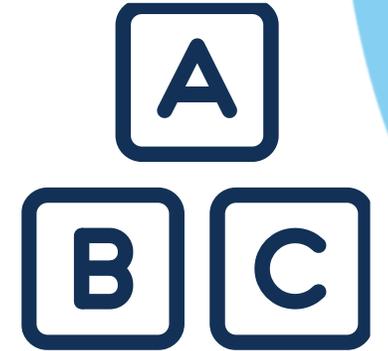
Peak body, charity and not-for-profit



Represent healthcare professionals, people with life-limiting illness, carers & families.



Advocate for ALL people to access quality palliative care support & services



Awareness & education

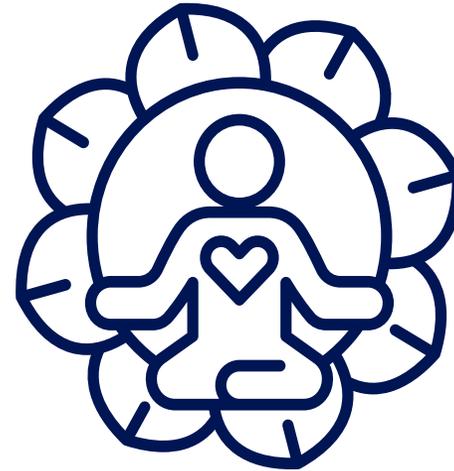


Activity

When you hear the word palliative care,
what comes to mind?

What are some words or statements?

Palliative Care is for anyone of any age with a progressive life-limiting illness



High quality health care

Person-centered

Holistic

Access to resources

Pain and symptom management, end-of-life care, bereavement and social support

Improve quality of life for patients, families and carers

Emotional, social, cultural and spiritual needs

Equipment, services and support

Common Myths of Palliative Care



Myths vs Facts of Palliative Care



Myths

VS



Facts

Palliative care hastens death.

Palliative care neither prolongs life or hastens death.

Palliative care is only for people dying of cancer.

Palliative care is for anyone who has been diagnosed with a life-limiting illnesses.

Myths vs Facts of Palliative Care



Myths

VS



Facts

Palliative care can only be given in hospital.

Palliative care can be provided in a range of settings including your home.

Palliative care is only for people close to death.

Palliative care can start as soon as a diagnosis been given.

How to Access Palliative Care?



Accessing Palliative Care

Less complex symptoms
GP or treating Dr should be able to provide support



Complex/ distressing symptoms
Specialist palliative care team provide support
Medical referral is required

No costs for palliative care
Covered by Medicare

Never be afraid to ask your GP the question about palliative care.

The important role of carer/s within the team



Who Are Carers?

Carer: someone who cares for a family member or friend with a disability, mental illness, addiction, chronic illness, terminal illness, or old age

Primary Carers



Secondary Carers

Informal Carers

Carers - Financial Support



Carer Allowance
Carer Payment
Child Disability Assistance Payment
Concessions & Rebates
Young Carer Bursary
Essential Medical Equipment Payment

**Further Information:
Visit [Services Australia](#) and [Carers NSW](#)**

Carers - Asking for Help & Accepting It

Make a list of friends/ family who can provide practical support. Have regular conversations with them, and set up a roster. Find out what local support or services are available.

Carers NSW

Contact Carer Gateway <https://www.carergateway.gov.au/>
Or Call 1800 422 737

Contact Carer Help
<https://www.carerhelp.com.au/>

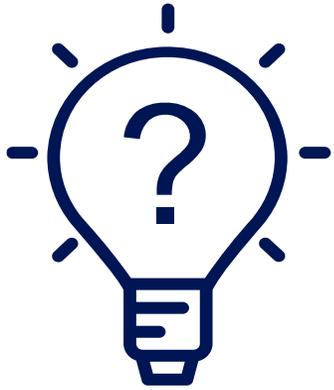
HELP App
<https://healthyendoflifeprogram.org/>



Planning for the final stage of life



Importance Of Planning



You don't know what the future might hold.



High quality care



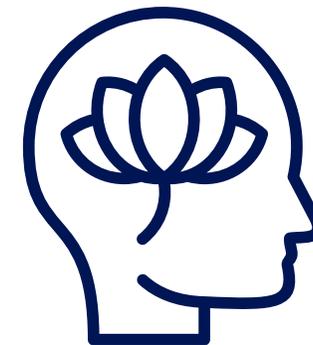
Caregivers and patients are on the same page



Gives you control



Focus on quality of life



Less stress

Palliative Care & VAD

- Palliative Care and VAD are two distinct areas of health care – different referral processes, different staff and teams.
- The implementation of voluntary assisted dying has not changed what palliative care is or how palliative care is accessed or delivered. While VAD is not within the scope of palliative care, if a VAD pathway is pursued, palliative care can continue to be provided or commenced and that is certainly something we see as very important.
- If someone is pursuing VAD then they have indicated that they have significant suffering and we hope that they are accessing palliative care as a way to assist manage the symptoms which are causing that suffering.
- Very positively the legislation has meant that anyone considering or starting the VAD process, must have palliative care discussed with them as an important care option.
- VAD continues to raise difficult and complex ethical issues for some individuals and organisations. We support the choices built into the legislation that those working in palliative care and any healthcare professional can exercise the right to be recognised as a conscientious objector.
- Any diversity of opinion on VAD should always be treated respectfully in the community and with healthcare professionals.
- A key advocacy point for Palliative Care NSW is that an individual's choice to explore VAD should NEVER be a choice based on a lack of access to palliative care here in NSW, particularly in rural, remote and regional areas.



Palliative Care Volunteering

Kate Bowman
Volunteer Services Support Program Manager



Palliative Care New South Wales



www.volunteerhub.com.au

www.volunteerhub.com.au

Find out more about palliative care volunteering.

Find a Volunteer Service.

Access Resources and Latest News

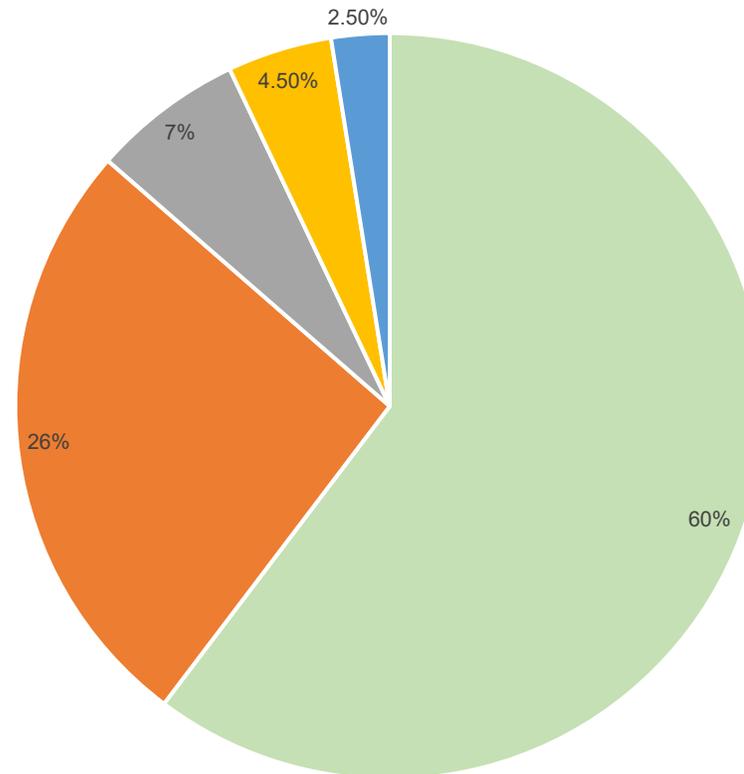
Accessing Further Support

Dr Peta McVey
Palliative Care Guidance Manager



Who is calling us?

Identity of Caller
July 2024 - June 2025



■ Carer/family ■ Health professional/organisation ■ Aged Care worker/organisation ■ Other organisation ■ Volunteer

Most common questions

What is palliative care?

You can also view each chapter below:

- [Your Role as a Carer](#)
- [Planning and Decision Making](#)
- [Palliative Care](#)
- [Providing Care at Home](#)
- [Providing Personal Care](#)
- [Symptoms](#)
- [Medicine Safety](#)
- [Accessing Respite Care](#)
- [Heading into the Last Days of Life](#)
- [Death and Bereavement](#)

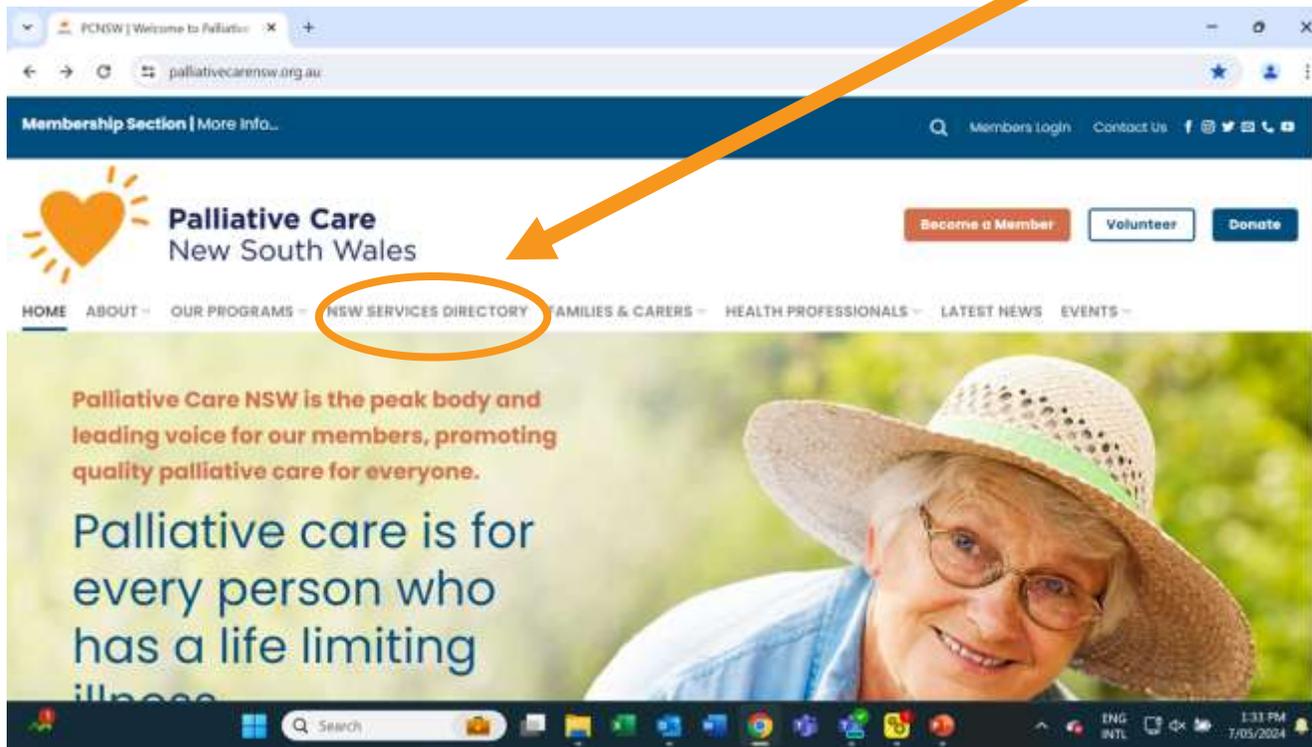


Two helpful flowcharts are available on PCNSW website under Families/ Carers:

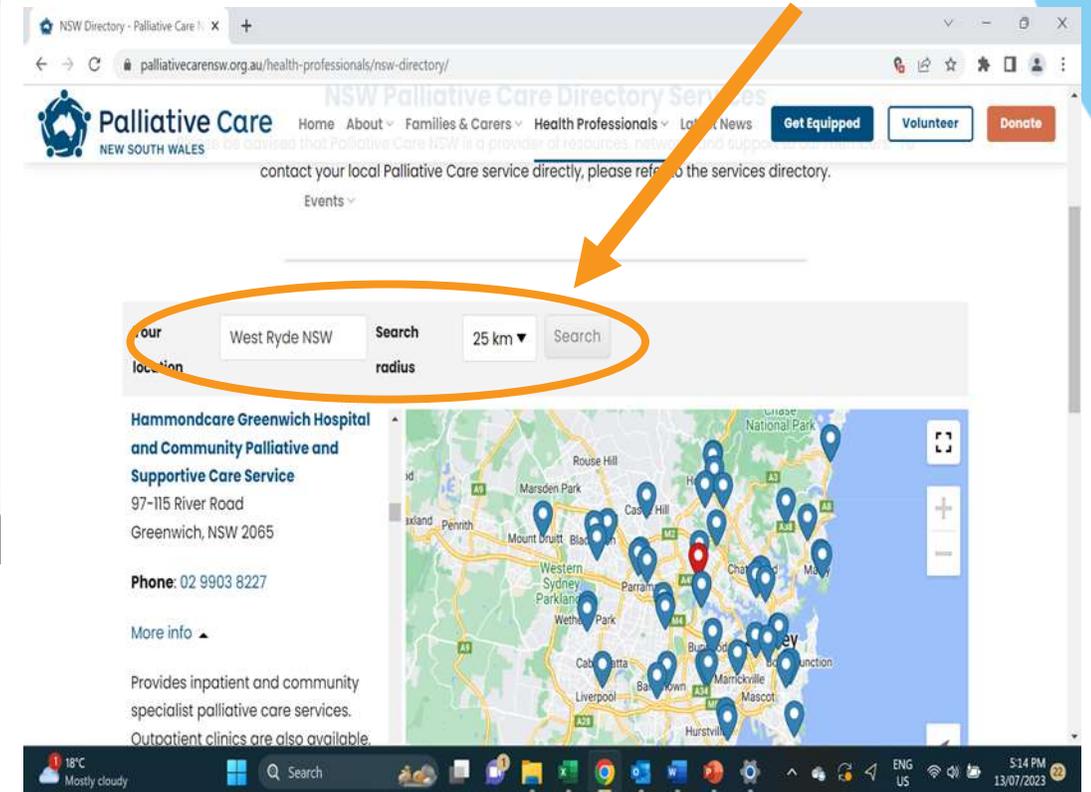
- What is Palliative Care?
- How can I access Palliative Care Services?

How to Find Local Palliative Care Service

Go to www.palliativecarensw.org.au – click on NSW Service Directory



Type in the postcode or suburb and choose the radius to search



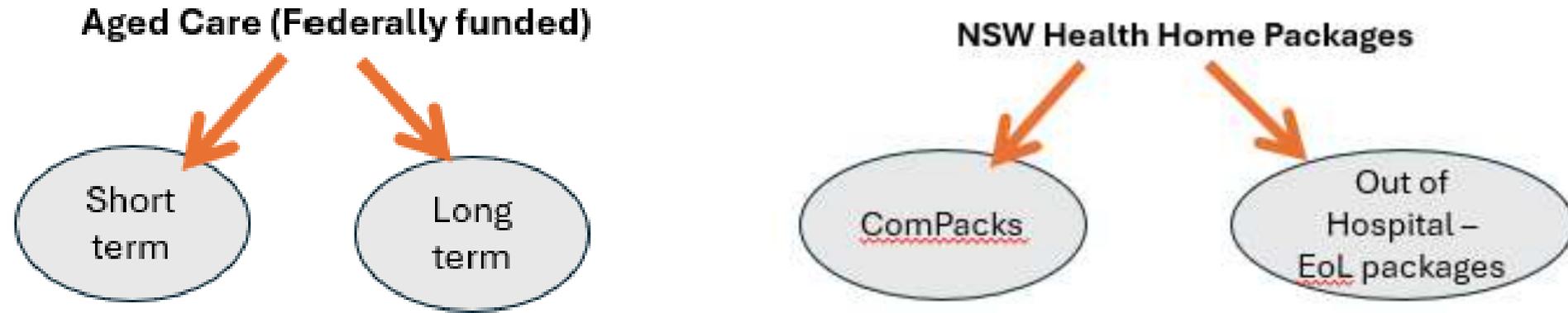
Hospital related questions

A person has been discharged from a public/private hospital – what community follow-up support available?

A person in a public/private hospital with a life-limiting illness and ongoing symptoms, but no one offering advice on what happens next – what do we do?

Self advocacy is important. Ask questions about what support you can access.

Home Support Packages



New support at home program from 1 November, 2025 including a new End of Life Pathway Package

Palliative Care in Residential Aged Care Homes?

PalliLEARN – Free Online Short Courses

Next series starts the 2nd of September



**What is
Palliative
Care?**



**Palliative caring:
planning in
5 steps**



**How to talk
about dying
and grief?**



**Talking to children
about dying
and grief**



Self care



**What matters
most to me?**



**Your role in a
compassionate
community**



**How to nurture
compassion**



What matters most to you?

Community Conversations

We can deliver free, 90 minute in-person sessions to your community.
Complete the EOI on our website under Programs / Community
Conversations.

<https://palliativecarenewswales.org.au/community-conversations/>



Palliative Care
New South Wales

Thank you!

**Very happy to
answer any
questions**

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