

caring@home

Symptom management resources for home-based patients at end of life

caring@home aims to increase access to quality and timely end-of-life care for patients who choose to be cared for, and die at home, if possible.

caring@home develops and provides nationally consistent, practical and evidence-based clinical resources and education for health professionals. This supports:

- proactive planning for end-of-life care
- families and carers to help manage end-of-life symptoms at home
- patients to be cared for in the place of their choice.

caring@home resources are applicable Australia-wide and are freely available.



caring@home provides resources and education that supports quality end-of-life care.

caring@home activities

Develop resources for:

- Clinical services: policy, procedures and guidelines
- Health professionals:
 - » to support a proactive approach to end-of-life care
 - » to manage the transition of goals of care from curative to palliative care
 - » to support effective management of end-of-life symptoms
 - » to promote quality improvement
- Carers and families: to help manage end-of-life symptoms for home-based patients

Provide education for health professionals

- Workshops: face-to-face and virtual
- Webinars

Deliver a national rollout

- Communication, engagement and marketing activities

Undertake evaluation

What is end-of-life care and palliative care?

The terms 'end-of-life care' and 'palliative care' are often used interchangeably in Australia. They are defined by the same approach to care.

Palliative care:

- is provided for a person with an active progressive advanced disease who has little or no prospect of cure
- is person and family-centred
- aims to optimise quality of life; as expressed by the person.

Palliative Care Australia. National Palliative Care Standards 5th Edition. Canberra: Palliative Care Australia, 2018.

Who is involved?



Existing caring@home resources

caring@home resources are free, applicable Australia-wide and can be ordered or downloaded online.

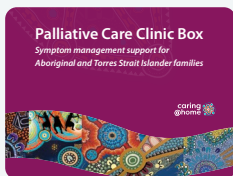
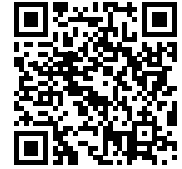
For carers and families



caring@home package for carers

Resources available in English and nine other languages

Scan QR code for the full suite of resources



caring@home Palliative Care Clinic Box

Tailored and culturally-appropriate resources for Aboriginal and Torres Strait Islander families

Scan QR code for the full suite of resources



For health professionals

Online education modules	To educate health professionals about how the caring@home resources can support carers to help manage symptoms at home
palliMEDS app	To familiarise primary care prescribers with eight palliative care medicines used for management of terminal symptoms, as endorsed by Australian and New Zealand Society of Palliative Medicine (ANZSPM)
caring@home and caring@home Indigenous apps	To provide easy and quick access to caring@home resources to assist health professionals to support families and carers
A consensus-based list of medicines	To support the management of terminal symptoms in community and residential aged care facilities in Australia
Managing palliative care symptoms: A guide for health professionals	To assist health professionals to support families who are caring for a person who chooses to die at home, if possible

For clinical services

Example policy and procedures	To be used by clinical services to develop and/or review relevant documentation within their own policy and procedures framework
Guidelines for the handling of palliative care medicines in community services	To be used by clinical services to inform the development of detailed protocols and procedures tailored to the requirements of individual services

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