

# 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 free.



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:
  - » Develop and update resources for a Community Palliative Care Resources box

### Provide education for health professionals

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

### Deliver a national rollout

- Communication, engagement and marketing activities

### Undertake evaluation

## Who is involved?

### 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.

caring@home uses the term end-of-life care to refer to the last 12 months of life.

Palliative care:

- is not time limited and 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.*



caring@home is a National Palliative Care project, funded by the Australian Government Department of Health and Aged Care and undertaken by a consortium led by Brisbane South Palliative Care Collaborative.

## Existing caring@home resources

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

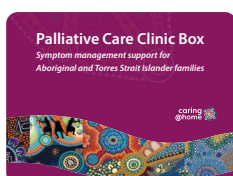
### For carers and families



#### **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

<b>Online education modules</b>	To educate health professionals about how the caring@home resources can support carers to help manage symptoms at home
<b>palliMEDS app</b>	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)
<b>caring@home and caring@home Indigenous apps</b>	To provide easy and quick access to caring@home resources to assist health professionals to support families and carers
<b>A consensus-based list of medicines</b>	To support the management of terminal symptoms in community and residential aged care facilities in Australia
<b>Managing palliative care symptoms: A guide for health professionals</b>	To assist health professionals to support families who are caring for a person who chooses to die at home, if possible

### For clinical services

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

1300 600 007

caringathome@health.qld.gov.au

[caringathomeproject.com.au](http://caringathomeproject.com.au)



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