



caring@home resources for Aboriginal and Torres Strait Islander families

caring@home has developed resources for health professionals to support families to help manage symptoms at home including giving medicine under the skin, if required.

Supporting symptom management at home can help people connect to family, culture, community and Country during their final days. Using caring@home resources can improve the end-of-life choices for Aboriginal and Torres Strait Islander families and communities.



The resources have been packaged in the **Palliative Care Clinic Box** (see overpage). Health professionals can select appropriate resources from the Clinic Box to meet the needs of individual families.

THE CARING@HOME PALLIATIVE CARE CLINIC BOX IS FREE AND CAN BE ORDERED FROM THE WEBSITE.

How were the resources developed?

- Extensive consultation with key stakeholders across the nation occurred before and after the initial draft of the resources.
- Resources were designed in collaboration with a First Nations communication expert and First Nations health professionals, e.g. Aboriginal Health Workers and Practitioners, nurses and nurse practitioners.

caringathomeproject.com.au


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caring@home is a National Palliative Care project, funded by the Australian Government and led by the Brisbane South Palliative Care Collaborative.

Palliative Care Clinic Box

RESOURCE TYPE	COPIES	TITLE OF RESOURCE
Tip sheets	9 of each	<ul style="list-style-type: none"> • Help with feeling sick in the gut • Help with fitting • Help with pain • Help with rattly breathing • Help with restlessness • Help with short of breath • Help with stress • Help with troubling visions, sounds, thoughts • Knowing when a person is getting closer to passing/Knowing when a person has passed 
Information brochure for families	1	Helping to manage symptoms at home (customisable Word document)
Diary	3	Medicines book
Wall chart	3	What medicines to give?
Step-by-step guides	9 of each	<ul style="list-style-type: none"> • Help manage symptoms at home • Put the medicine in the syringe • Give the medicine under the skin
Syringe labels	1	A set of colour-coded syringe labels for common medicines used in palliative care
Competency assessment	3	Training checklist and carer/family post-training competency assessment
Training videos	1	USB containing four short training videos

"I really like the art with the pretty colours.
I knew it was made for us mob. I feel safe now with these."

First Nations family in WA

What do other families say?

"These resources taught me and my mob how to yarn and feel good giving medicine.
I liked the one about worry because Aunty felt exactly like the picture."

First Nations family in ACT

ALL RESOURCES CAN BE DOWNLOADED FREE FROM THE WEBSITE

