

Title

caring@home resources support First Nations families and communities to help manage end-of-life symptoms at home or on Country

Abstract

Aboriginal and Torres Strait Islander families and communities can support, with culturally-appropriate resources and education from health professionals, end-of-life care at home or on Country.

Aim

The aim of the presentation is to introduce a suite of culturally-appropriate resources that were developed with extensive consultation with First Nations clinicians and support Aboriginal and Torres Strait Islander families to help manage their loved one's symptoms at home or on Country.

Methods

The following was undertaken during development of resources:

- A First Nations Advisory Committee was established
- Advice was sought from First Nations graphic designers and communication experts
- Two rounds of consultation were undertaken:
 1. Feedback about how the resources should look (via online survey, MicroSoft Teams meetings, face-to-face meetings and individual conversations)
 2. Feedback about the draft resources
- A Palliative Care Clinic Box containing the resources was disseminated

Outcomes

Fifteen people completed the online survey and face-to-face meetings were held with 316 individuals in metropolitan, regional, rural and remote areas in each state and Territory in Australia. Participants were primarily health professionals: Aboriginal Health Workers/Practitioners/Liaison Officers, care coordinators, nurses, nurse practitioners, and doctors.

The resources in the Palliative Care Clinic Box for Aboriginal and Torres Strait Islander families include:

- Tip sheets about nine common end-of-life symptoms
- An information brochure
- A Medicines book to record administration
- A symptom rating scale
- A medicine wall chart
- Step-by-step guides and short training videos about how to give subcutaneous medicine and recognise symptoms
- Syringe labels
- A competency assessment checklist
- A practice demonstration kit

Conclusion

Extensive consultation ensured the resources are suitable for First Nations families and communities. Using *caring@home* resources will improve the end-of-life choices for Aboriginal and Torres Strait Islander families and communities and support end-of-life care at home or on Country.

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