



Our Palliative Care team is here for you.

### How the Palliative Care Aboriginal Health Worker can support you:

The Aboriginal Health Worker works with the palliative care team to support a culturally safe service to plan current and future health care.

They can also support you with information and referrals for other important decisions

legal and personal arrangements an advance care directive a Will funeral arrangements

Your Palliative Care Aboriginal Health Worker is:

To arrange a referral to Palliative Care Specialist Services for Aboriginal Families:

Contact  
Community Care Intake Service (CCIS)  
1800 654 324  
Or Email:  
MLHD-CCIS@health.nsw.gov.au

Monday - Friday 8.30 am - 4:30 pm  
After Hours Palliative Care Helpline:  
1800 548 225

Or talk to your Palliative Care Aboriginal Health Worker

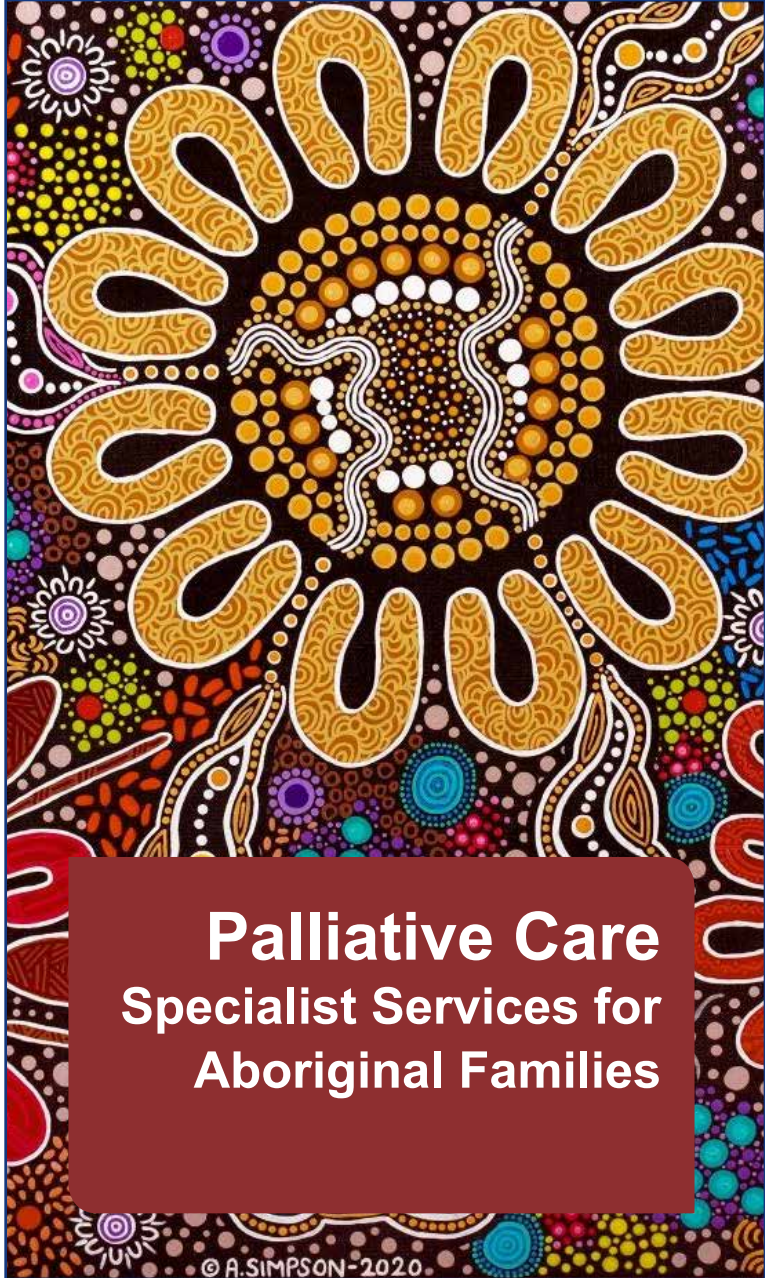
In an Emergency Call 000



MURRUMBIDGEE  
Local Health District



Artwork by Alison Simpson "Life's Journey"  
Ref: 202103002 publication date: March 2021



## Palliative Care Specialist Services for Aboriginal Families

© A.SIMPSON-2020





## ACKNOWLEDGEMENT

Murrumbidgee Local Health District would like to acknowledge the traditional custodians of the land on which we walk, work and live.

We pay respect to Elders past, present and future of this land: the Wiradjuri, Yorta Yorta, Baraba Baraba, Wemba Wemba and Nari Nari people.

For they hold the memories, the traditions, the culture and the hopes of Aboriginal and Torres Strait Islander peoples.

We ask all to be respectful of culture & traditions as we work and live together as one, to better the health of Aboriginal people.

## WHAT IS PALLIATIVE CARE?

- Palliative care can assist anyone who has been diagnosed with a life limiting illness and can help improve your quality of life.
- Team members are specially trained to work with you and your family to make your journey as comfortable as possible.

### The palliative care team:

Are specially trained to work in this area.

- Want to make your journey as comfortable as possible.
- Will support you where you want to be cared for.
- Will provide support to family and/or carers when needed.



## HOW CAN WE HELP?

Palliative care is based on your needs.

### Services offered can include:

- Support for relief of pain and other distressing symptoms
- Resources such as equipment to aid care in your home.
- Links to other services like home help or financial assistance
- Support for emotional, social and spiritual concerns
- Assist with helping families come together to talk about sensitive issues

## ACCESSING PALLIATIVE CARE

Palliative care can be delivered

- In your home
- At the hospital
- In residential care or a palliative care unit

