

To find a palliative care
Service in your region,
please contact:

North/West Metro

T 03 9486 2666

Southern Metro

T 0406 998 231

Eastern Metro

E consortiummanager@epc.asn.au

Barwon South West

T 0419 104 754

Loddon Mallee

T 03 5471 1545

Hume Region

T 03 5727 3520

Grampians Region

T 0428 737 330

Gippsland

T 03 5263 0684

Palliative Care Victoria

2/182 Victoria Parade

East Melbourne 3002 VIC

T 03 9662 9644

F 03 9662 9922

E Info@pallcare.vic.asn

www.pallcarevic.asn.au

Palliative Care

V I C T O R I A

Specialist health care and practical support

The Beginning of our Journey

As you twirl a piece of ribbon you don't know which way it will turn, and this also applies to the changing paths and journeys we take in our lives.

A path traveled together is easier to walk than the path traveled alone. The people in my work symbolise the endless support of our family, friends, community and services ensuring Aboriginal people walk together.

The circles speak of the many people who have traveled in and out of our lives, they too taking the same path into our Journey of the Dreaming. All the while our Ancestors and family (represented by the auras) guide us there.



The Beginning of our Journey

Artist: Kahli Luttrell

Yorta Yorta descendant



Palliative care

It's the beginning of your health care Dreaming

- Quality of life
- Control of symptoms
- Support
- Spirituality



Victorian Aboriginal Community Controlled Health Organisation

What is palliative care?

Palliative care strives to ensure quality of life for those who have a serious illness. It offers professional care, pain free living and support for the individual, family and/or carer.

Where can I access palliative care?

Palliative care can be offered in the comfort of:

- your home
- residential care
- a hospice or palliative care unit
- or in hospital.

Ask your Health Care Professional or Doctor to provide you with Information on this process

During your journey your doctor/ specialist may provide you with different treatments to help you with pain relief such as:

- tablets
- liquids
- patches
- natural therapies
- traditional bush medicine
- spiritual and cultural healing.

Please speak first with your doctor or care specialist about these options.

How does palliative care work?

Palliative care works through conversations that will help you and your family make decisions about your future health care, including your place of choice for care, and your cultural needs.

Did you know?

Palliative care professionals:

- are available any time of the day and night
- are specially trained to work in this area
- will come to you where you decide to access palliative care
- 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.

You choose who is involved in your care.

Such as:

- Doctors
- Aboriginal health workers
- Aboriginal health services
- Specialists
- Palliative Care Services
- Home carers.

This can be reviewed at any time.

Services

For further information on palliative care you can contact your local Aboriginal Community Controlled Health Organisation.

Victorian Aboriginal Community Controlled Health Organisation Inc.

17-23 Sackville Street

Collingwood VIC 3066

T 03 9411 9411

F 03 9411 9599

www.vaccho.org.au

Or your:

- Doctor
- Nurse
- Aboriginal Hospital Liaison Officer
- HACC Worker
- Aboriginal Health Worker
- Allied Health Worker

All your information will be respected under the Privacy and Confidentiality Laws Act.