



*For immediate use*

## **A guide for carers – ‘Making Home an Option’ Hope Healthcare's contribution to enhanced palliative care in the home**

To mark National Palliative Care Week (21-27 May), Hope Healthcare is launching a revised 54-page booklet *Making home an option – a guide to palliative care in the home*.

**11am Wednesday 24 May  
Education Centre, Neringah Hospital, 4-12 Neringah Avenue South, Wahroonga**

The intent of National Palliative Care Week is not only to celebrate the achievements and efforts of all those involved in the care process of someone with a life threatening illness, but to raise the awareness of palliative care throughout Australia.

Kathleen Thorpe, Nurse Manager Palliative Care Services said “Our palliative care services operating at Neringah and Greenwich Hospitals and Northern Beaches Palliative Care Service are predominantly community based, with hospital admission available, if needed, for symptom control and management. We presently have over 430 patients in our community service supported by a specialist multidisciplinary team of medical and nurse consultants, pharmacists, physiotherapists, occupational therapists, social workers, volunteers and chaplains.”

The team provide comprehensive care for the patient, carers and family which embraces physical, psychological and spiritual needs.

“The user-friendly *Making home an option* booklet is designed to give patients and importantly, their carers answers to commonly asked questions when caring for someone with a terminal illness at home. This includes; information for carers about coping with changes, explanations of possible physical symptoms and interventions, equipment suggestions and other helpful resources as well as what to expect as the person deteriorates and details about grief and bereavement.”

The booklet is aimed at being used as an additional resource to the visiting palliative care team.

The new booklet is a substantially revised and updated version of the original booklet produced by the Neringah Hospital Palliative Care team in 1996. Tribute is paid to the many in the palliative care team who assisted with the project.

**Sydney 23 May 2006**

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