

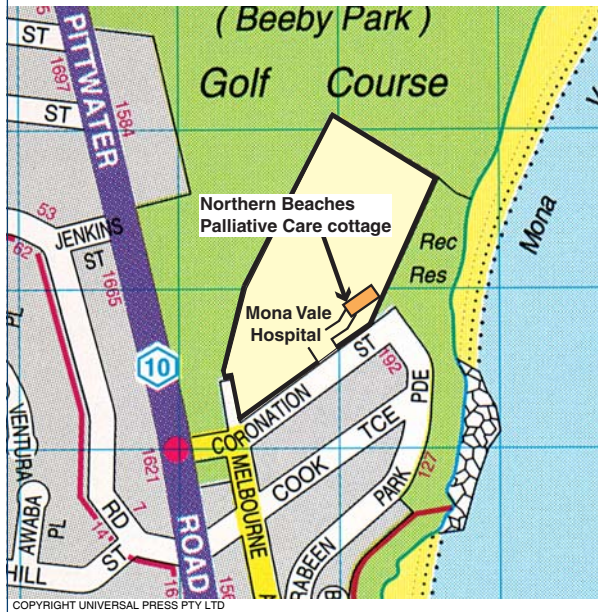


Please contact us if you would like more information on the range of services which help people cope with an illness at home. Areas covered include:

- Financial assistance
- Domestic help
- Nursing care
- Ways to cope emotionally
- Help to support children
- Resources and in-home respite for families and carers.

### How To Find Us

We are located on the Mona Vale Hospital campus. Enter off Coronation St at the Emergency entrance sign, first turn to the right and proceed down the ramp to the white cottage - the base of the Northern Beaches Palliative Care Service.



### Northern Beaches Palliative Care Service

Northern Beaches Palliative Care Service is a public health service and is part of Hope Healthcare, working in conjunction with Northern Sydney Central Coast Area Health Service.

#### Donations

While the Service is funded by the NSW Health for its operating expenses, it relies heavily on bequests and donations for capital expenditure and special items of equipment. Donations of \$2 or over are tax deductible.

### How To Contact Us

**Telephone: 9998 0222**

Fax: 9979 7221

8.00 am to 4.30 pm Mon – Fri excluding Public Holidays

**24-hour Telephone Advisory Service to registered patients & carers:**

**Call: 9998 0222**



**HOPE  
HEALTHCARE**

Northern Beaches Palliative Care Service

Coronation St, Mona Vale

(Mail PO Box 81 Mona Vale 2103)

Telephone (02) 9998 0222 Fax (02) 9979 7221

[www.hopehealthcare.com.au](http://www.hopehealthcare.com.au)

# Northern Beaches Palliative Care Service

## Information Guide



**HOPE  
HEALTHCARE**

# Welcome to Northern Beaches Palliative Care Service

## What is palliative care?

Palliative care aims to make people as comfortable and symptom-free as possible during the course of a progressive life-threatening illness. We aim to provide comprehensive support for the person, their family and other carers, support which embraces physical, psychological and spiritual needs.

## Where can I find this care?

Northern Beaches Palliative Care provides palliative care services including a community service to people in their homes and 24-hour telephone advice.

## Who is available to help?

Patients have available to them the services of the whole treatment team, including:

- Medical Consultant
- Nurse Consultants
- Occupational Therapist
- Social Worker
- Volunteers

## What help is provided?

Northern Beaches Palliative Care Service directly supports people who are experiencing discomfort or distress, and carers who have concerns related to the illness. The Service also provides consultation to local medical practitioners and other health professionals with regard to palliative care issues.

A person's local doctor is able to ring at any time for information on symptom management of the illness.

## What other assistance is available?

### Equipment

Advice is available on equipment which could improve independence and comfort for the person, as well as making it easier for carers to provide assistance safely. A range of equipment is available on a loan basis, including:

- Shower chairs
- Commodes
- Walking aids
- Pressure care equipment
- Advice/Assistance on home modifications

Advice can also be provided on items of equipment which may need to be hired.

### Information

We have information available on a range of other services which provide assistance to people in their homes, and we will help people access these as necessary.

### In the Community

Multi-disciplinary care is available to palliative care patients in their own homes in the Manly, Warringah & Pittwater Shires to assist with control of pain and symptoms, Hospital or Hospice admission when required, equipment, social support and counselling, and volunteer support.

Together with the palliative care team Medical care continues to be provided by the patient's own GP.

Additional expertise of the Palliative Care Medical Specialist is available when required. The care provided by family members can be

expanded by the addition of support and skills from Northern Beaches Palliative Care's clinical nursing specialists. Where daily nursing intervention is needed, referral is generally made to the Northern Sydney Home Nursing Service which works in close consultation with the Northern Beaches Palliative Care team.

### In the Hospital

Multi-disciplinary care is provided to patients admitted for pain and symptom control, care during the final stages of illness when care at home is not appropriate and respite care to enable carers to have a break from providing care at home.

When a patient no longer requires acute care, assistance is provided to the patient and family in choosing appropriate on-going care either returning home with community support or care in a hostel or nursing home.

### Referrals

Patients requiring palliative care, either by inpatient or community services, are referred by their general practitioner or hospital specialist.

All referrals are assessed to determine suitability.

Residents living in hostels and nursing homes within this area may also be referred for consultation by the palliative care team.

### Extending the Care – Bereavement Services

Bereavement support and counselling is available to all families and friends of Northern Beaches Palliative Care's patients, whether they have been cared for in the hospital or community.

Memorial services are held every 6 months.