WA Country Health Service

Going Home to Country

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ACKNOWLEDGEMENT TO COUNTRY

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The following presentation is of sensitive topics and we may refer to people that have passed.
If you feel you need to leave anytime during the presentation, please do so.
If you would like to chat with staff, we are available after the presentation.

DISCLAMIER

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caring @home

Caring@home Resource

[caring@home website](#).

HEALTHIER COUNTRY COMMUNITIES THROUGH PARTNERSHIPS AND INNOVATION
COMMUNITY | COMPASSION | QUALITY | INTEGRITY | JUSTICE

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WHAT IS IPEPA?

- IPEPA is a grassroots approach to breaking down the barriers to palliative care for Aboriginal and Torres Strait Islander peoples across Australia.

- Informed by community, for community, the *Indigenous Program of Experience in the Palliative Approach* (IPEPA) is **embedding Australian Indigenous knowledges** across all PEPA resources and **facilitating two-way learning**

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Palliative Care

Palliative care helps people with any life-limiting or terminal illness to live their life as comfortably as possible.

Palliative care identifies and treats symptoms which may be physical, emotional, spiritual or social.

It also provides practical and emotional support to family and carers.

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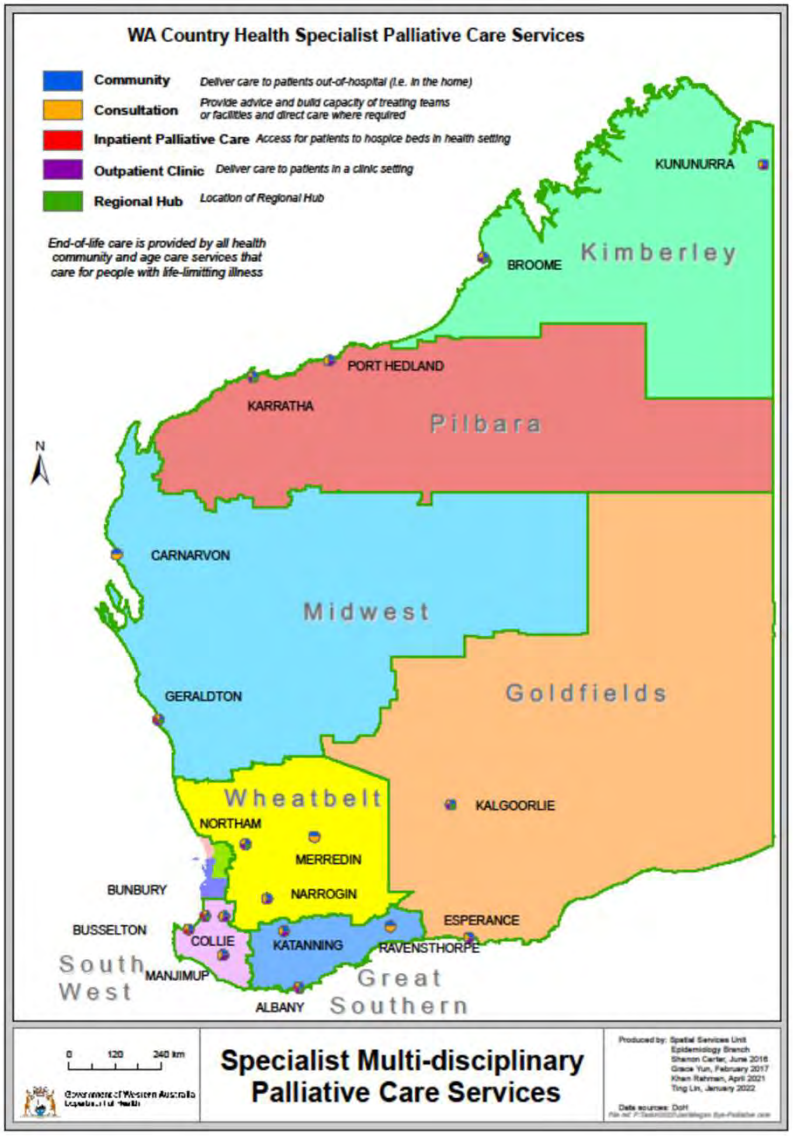
WACHS Hubs

- Community Service
- Consultation
- Multidisciplinary
- PalCATS
- Packages



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Team Members

Nurse Led Service

- The main team members are the patient and family
- Aboriginal Health Liaison Officer (AHLO)
- Nurses
- Doctors
- Social Worker
- Admin
- Pharmacist
- Allied Health
- Personal Care Assistant

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South West Palliative Care

- Project Overview
- Consent
- Outreach

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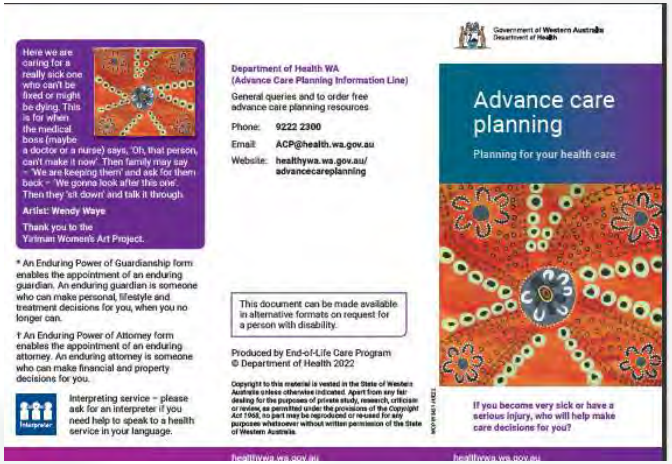
Limited Resource



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Pilbara Region

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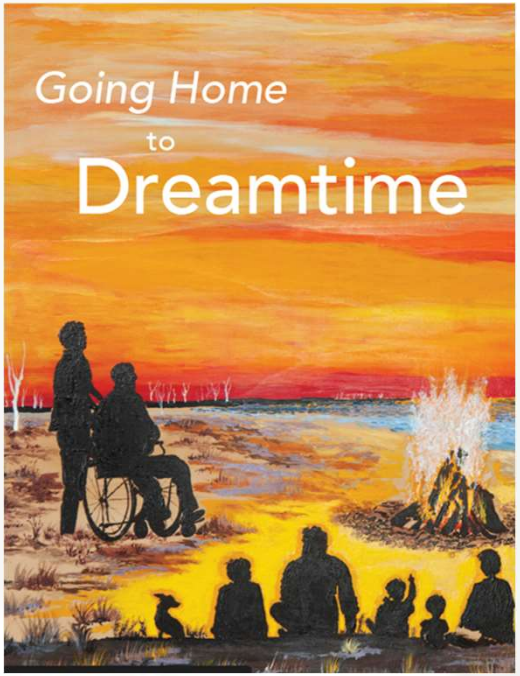
Community Consultation

- Project Overview
- Consent
- Outreach



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Community Education Sessions

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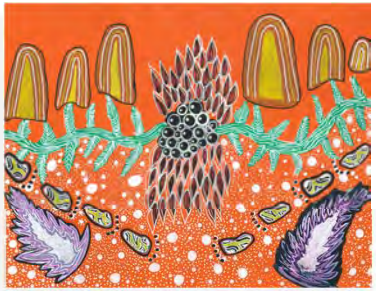
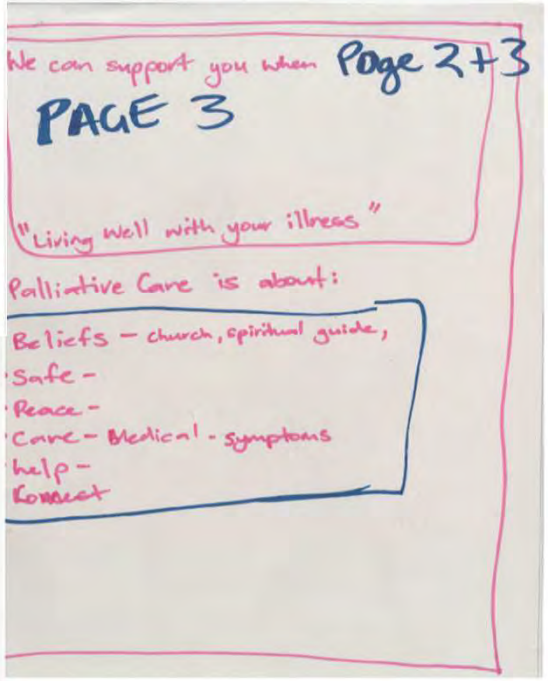
Working Group





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ACP, Values and Preference form

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Artist Competition

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Pilbara Palliative Care Brochure

Palliative Care Services in the Pilbara

Pilbara Palliative Care
WA Country Health Service
Karratha Health Campus
62 Balmoral Rd
KARRATHA WA 6714
www.wacountry.health.wa.gov.au
WACHS-Pilbara.PalliativeCare@health.wa.gov.au
(08) 9144 7952

Cancer Council WA | Palliative and Supportive Care Education

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Pilbara Working Group

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Inside Brochure

Living well with your illness

We can support you when your illness can't be fixed by keeping you most settled how you want.

We will help with what matters most to you, mob and carer's.

We help with:

Physical - Medicines and pain

Spiritual - Country and belief's

Culture - Values and ways

Emotional - Kids and family

Social - Money worries and home worries

Mob are here to help support you through this, it's free and anyone can access it.

Palliative Care is about

Support Services
Phone, Telehealth, home visits, rest or breaks, caring@home box

Physical Needs
Nursing, medical and social work team, beds, equipment, moving around, teaching family to care, special support packages

Journey Planning
Legal papers (AHD, EPA, EPG) End wishes, order and instructions, funeral plans

Spiritual Support for Mob
Safe space to yarn, advocacy, cultural support, religious support, traditional foods, bush medicines, smoking ceremony, traditional healers

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Launch Evening

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Community Outcomes

- Relationships
- Community Discussions
- Referrals
- Education workshops
- Connecting with Metro services
- Advance Care planning, Values and Preferences

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Returning Home

- Patient Choices
- Where
- Coming home

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Where To Next

- Kimberley's
- Midwest
- Great Southern
- Goldfields
- Wheatbelt

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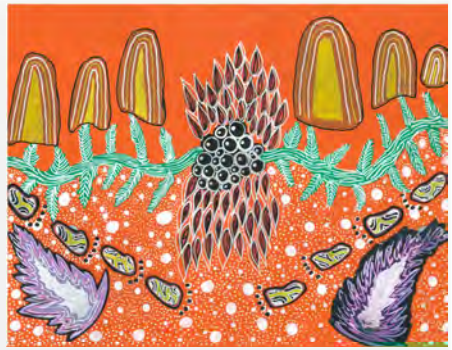
Any Questions?



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Palliative Care Resources

PEPA Program of Experience in the Palliative Approach

IPEPA Indigenous Program of Experience in the Palliative Approach

Funded by the Australian Government Department of Health

Gwandalan

Cancer Council WA

Palliative and Supportive Care Education

caring @home

Symptom management resources for palliative patients

PalliativeCare WESTERN AUSTRALIA

caring@home resources for Aboriginal and Torres Strait Islander families

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Supportive and Palliative Care Indicators Tool (SPICT-4ALL™)

THE UNIVERSITY of EDINBURGH

The SPICT™ helps us to look for people who are less well with one or more health problems. These people need more help and care now, and a plan for care in the future. Ask these questions:

Does this person have signs of poor or worsening health?

- Unplanned (emergency) admission(s) to hospital.
- General health is poor or getting worse; the person never quite recovers from being more unwell. (This can mean the person is less able to manage and often stays in bed or in a chair for more than half the day)
- Needs help from others for care due to increasing physical and/ or mental health problems.
- The person's carer needs more help and support.
- Has lost a noticeable amount of weight over the last few months; or stays underweight.
- Has troublesome symptoms most of the time despite good treatment of their health problems.
- The person (or family) asks for palliative care; chooses to reduce, stop or not have treatment; or wishes to focus on quality of life.

Does this person have any of these health problems?

Cancer

Less able to manage usual activities and getting worse.

Not well enough for cancer treatment or treatment is to help with symptoms.

Dementia/ frailty

Unable to dress, walk or eat without help.

Eating and drinking less; difficulty with swallowing.

Has lost control of bladder and bowel.

Not able to communicate by speaking; not responding much to other people.

Frequent falls; fractured hip.

Frequent infections; pneumonia.

Nervous system problems (eg Parkinson's, MS, stroke, motor neurone disease)

Physical and mental health are getting worse.

More problems with speaking and communicating; swallowing is getting worse.

Chest infections or pneumonia; breathing problems.

Severe stroke with loss of movement and ongoing disability.

Heart or circulation problems

Heart failure or has bad attacks of chest pain. Short of breath when resting, moving or walking a few steps.

Very poor circulation in the legs; surgery is not possible.

Lung problems

Unwell with long term lung problems. Short of breath when resting, moving or walking a few steps even when the chest is at its best.

Needs to use oxygen for most of the day and night.

Has needed treatment with a breathing machine in the hospital.

Other conditions

People who are less well and may die from other health problems or complications. There is no treatment available or it will not work well.

Kidney problems

Kidneys are failing and general health is getting poorer.

Stopping kidney dialysis or choosing supportive care instead of starting dialysis.

Liver problems

Worsening liver problems in the past year with complications like:

- fluid building up in the belly
- being confused at times
- kidneys not working well
- infections
- bleeding from the gullet

A liver transplant is not possible.

What we can do to help this person and their family.

- Start talking with the person and their family about why making plans for care is important.
- Ask for help and advice from a nurse, doctor or other professional who can assess the person and their family and help plan care.
- We can look at the person's medicines and other treatments to make sure we are giving them the best care or get advice from a specialist if problems are complicated or hard to manage.
- We need to plan early if the person might not be able to decide things in the future.
- We make a record of the care plan and share it with people who need to see it.

Please register on the SPICT website (www.spict.org.uk) for information and updates.

SPICT-4ALL™, June 2017