caring@home

Resources for the last 12 months of life

caring@home aims to increase access to quality and timely end-of-life care for home-based patients.

caring@home develops, implements and evaluates nationally consistent, practical and evidence-based resources and provides associated education to enable quality end-of-life care. These resources support patients to be cared for, and die, in their home if that is their place of choice.

caring@home resources are free of charge and applicable Australia-wide.

PROJECT ACTIVITIES

📄 Develop resources for:

- **Clinical services:**
  - » Templates for policy and procedures
  - » Guidelines for managing medicines in the community
  - » National Core Community Palliative Care Medicines List

- **Health professionals:**
  - » to support a proactive approach to end-of-life care
  - » to support optimal management of end-of-life symptoms
  - » to promote quality improvement

- **Carers and families:**
  - » Community Palliative Care Resources Box
  - » New resources for Aboriginal and Torres Strait Islander families

📅 Provide education for health professionals

- » Online modules
- » Workshops: face-to-face and virtual
- » Webinars

🔗 Deliver a national rollout

- » Communication, engagement and marketing activities

🔍 Undertake evaluation

What is end-of-life care and palliative care?

The terms **'end-of-life care'** and **'palliative care'** are often used interchangeably in Australia. They are defined by the same approach to care.

caring@home uses the term end-of-life care to refer to the last 12 months of life.

Palliative care:

- is not time limited and is provided for a person with an active progressive advanced disease who has little or no prospect of cure
- is person and family-centred
- aims to optimise quality of life; as expressed by the person.

Palliative Care Australia. National Palliative Care Standard, 5.1 Edition. Canberra: Palliative Care Australia, 2024.

WHO IS INVOLVED?

ACRRM

Ageing Australia

apna

Metro South Health | Brisbane South Palliative Care Collaborative

phn BRISBANE SOUTH
An Australian Government Initiative

NAATSIHWP
National Association of Aboriginal and Torres Strait Islander Health Workers and Practitioners

Palliative Care Australia
Matters of life and death

Pharmaceutical Society of Australia

caring@home resources

FOR CLINICAL SERVICES

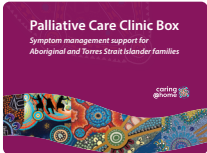|	
Example policy and procedures	Enables services to develop and/or review relevant documentation within their own policy and procedures framework.
NEW National Core Community Palliative Care Medicines List	Identifies four medicines for use by home-based, terminal-phase patients who require urgent symptom relief. The National List facilitates timely, easy access to medicines in the community.
Guidelines for the handling of palliative care medicines in community services	Informs the development of protocols and procedures by services about handling medicines in the community.

FOR HEALTH PROFESSIONALS

NEW Prompts for End-of-Life Planning (PELP) Framework	Guides proactive, quality end-of-life care across all care settings.
NEW Audit tool: End-of-Life Planning	Supports quality improvement in caring for patients likely to be in their last year of life.
NEW Community Palliative Care Resources Pharmacy Pack	Contains resources to help pharmacists support families and carers in providing practical care, physical symptom management and subcutaneous medicine management for a person at home.
Online education modules and education PowerPoints	Informs health professionals how caring@home resources can support carers to help manage symptoms in the community.
palliMEDS app	Provides prescribing advice about commonly-used palliative care medicines, including those from the National Core Community Palliative Care Medicines List, for managing terminal symptoms frequently experienced by home-based patients.
caring@home and caring@home First Nations apps	Provides easy, quick access to caring@home resources.
Managing palliative care symptoms: A guide for health professionals	Assists health professionals to support First Nations families caring for a person who chooses to be cared for and pass at home, if possible.

FOR FAMILIES AND CARERS

NEW Community Palliative Care Resources Box

New and refreshed standard resources for families and carers.
Scan QR code or click here for the full suite of resources.

Palliative Care Clinic Box

Tailored and culturally-appropriate resources for Aboriginal and Torres Strait Islander families. **Scan QR code or click here** for the full suite of resources.

caring@home package for carers

Standard resources available in English and nine other languages.
Scan QR code or click here for the full suite of resources.

caringathomeproject.com.au

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