

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 in 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
- **Health professionals:**
 - » to support a proactive approach to end-of-life care
 - » to manage the transition of goals of care from curative to palliative care
 - » to support optimal management of end-of-life symptoms
 - » to promote quality improvement
- **Carers and families:**
 - » Community Palliative Care Resources Box

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.

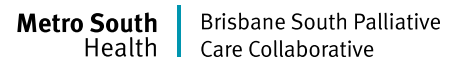
caring@home uses the term end-of-life care to refer to the last 12 months of life.

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 Standards 5.1 Edition. Canberra: Palliative Care Australia, 2024.

WHO IS INVOLVED?



caring@home is a National Palliative Care project, funded by the Australian Government and led by the Brisbane South Palliative Care Collaborative.

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FOR CLINICAL SERVICES

Example policy and procedures	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 List facilitates timely, easy access to medicines in the community
Guidelines for the handling of palliative care medicines in community services	To inform the development of detailed protocols and procedures tailored to the requirements of individual services

FOR HEALTH PROFESSIONALS

NEW Prompts for End-of-Life Planning (PELP) Framework	Guides proactive, quality end-of-life care across all care settings
Online education modules	Informs health professionals how caring@home resources can support carers to help manage symptoms in the community
palliMEDS app	Familiarises primary care prescribers with eight palliative care medicines commonly used to manage terminal symptoms as endorsed by the Australian and New Zealand Society of Palliative Medicine (ANZSPM)
A consensus-based list of medicines	Lists medicines suitable for the management of terminal symptoms in community and residential aged care facilities as endorsed by ANZSPM
caring@home and caring@home First Nations apps	Provides easy, quick access to caring@home resources
Managing palliative care symptoms: <i>A guide for health professionals</i>	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 caring@home 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	

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