

How to make a *caring@home* package for carers

The *caring@home* package for carers contains resources for carers and nurses, as outlined below. It can be used to facilitate one-on-one training by nurses of carers who wish to help manage breakthrough symptoms safely using subcutaneous medicines for a person who chooses to be cared for, and to die at home, if possible.

****It is recommended when providing resources to carers, that they are printed in colour.** All resources can be downloaded from caringathomeproject.com.au

Resource	Description
A practical handbook for carers: Helping to manage breakthrough symptoms safely using subcutaneous medicines	The handbook provides written and pictorial material with all the information the carer needs to help manage breakthrough symptoms safely using subcutaneous medicines.
Writing a label, opening an ampoule and drawing up medicine: A step-by-step guide	This illustrated guide explains how to label a syringe correctly, open an ampoule and draw up medicine using a step-by-step approach.
Giving medicine using a subcutaneous cannula: A step-by-step guide	This illustrated guide explains how to give medicine through a subcutaneous cannula using a step-by-step approach.
Medicines diary	The medicines diary is for carers to record all the subcutaneous medicines that are given.
Symptoms and medicines: Colour-coded fridge chart	A visual chart to list the medicines prescribed and the breakthrough symptoms that they treat. A space is included to add another medicine for another symptom, if required.
A practice demonstration kit (assembly guide)	The demonstration kit is used to practise giving medicines through a subcutaneous cannula.
Sharps container	This is an approved container for disposal of needles and glass ampoules.
Short training videos - Short training videos for carers show how to do each step when giving a subcutaneous medicine. Videos can be viewed or downloaded from caringathomeproject.com.au/trainingvideos	
Information brochure for carers	Nurses can use this brochure to introduce the carer to how they can help to manage breakthrough symptoms safely using subcutaneous medicines.
One-on-one training checklist and carer post-training competency assessment	This checklist is used to guide the one-on-one training session with the carer, and to check carer competency after the training session.
Syringe labels	The syringe labels are pre-printed and colour-coded for eight (8) commonly used palliative care symptom management medicines. Blank labels are included in case other medicines are prescribed.