

## What should I do next?

- Think about if you want to help provide care and help manage symptoms at home.
- If possible, talk with the person you are caring for about the role.
- Talk with your family and friends to see if someone can learn how to do this with you.
- If you decide you would like to learn how to help, talk with your nurse or other health professional.



*"The information and the training session were really helpful. This made us so much more competent and able to care for my grandfather in his final days."*

Ismael, aged 20, cared for his grandfather



*"Helping to look after symptoms makes you feel that you are part of it, that you are helping. It's part of the business. At least you are contributing, you are not sitting there as an onlooker and just feeling helpless."*

Sue, aged 55, cared for her husband



**Service name:**.....

**T:**.....



# Information for carers

## Helping to manage symptoms with medicines at home



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



You and your family can help to care for a person receiving palliative care at home if that is their wish.

Carers and health professionals can work together to manage symptoms so that transfer to hospital may be avoided.

Many carers in Australia have been taught to care for people at the end of their life at home.

You can help with managing symptoms like pain and feeling sick. This may involve:

- comfort measures or
- giving medicine if it is needed.

Medicine can be given as tablets or liquids and if the person cannot swallow, medicine can be given through a cannula placed under the skin.

## What do other carers say?

Many carers in Australia have been taught to care for a person at home including giving medicines under the skin.

Carers say that they feel a strong sense of achievement and satisfaction from being able to contribute to the comfort of the person they are caring for.



*"We knew when the pain hit we were able to do something to try and relieve it immediately, without having to sit waiting, powerless, for someone to come and do it. I believe it gave us the confidence to keep him at home to the very end."*

Alek, aged 42, cared for his brother

## Who will support me to care?

Your nurse will teach you what you need to know. They will visit you at home or contact you via telehealth and give you a phone number to ring 24 hours-a-day, 7 days-a-week if you need advice.

Your doctor or nurse practitioner will prescribe the medicines. Your pharmacist will provide the medicines.

Your health professionals can answer any questions.

*"The written practical guide and video suited us. Everything was there that we needed. We felt good about the process and we would recommend it to anyone."*

Nora, aged 48, cared for her mother

