

# You, Me and Palliative Care

#PALLCAREWEEK



Palliative  
Care Week

8-14 September



AIIHPC

All Ireland Institute of  
Hospice and Palliative Care



DoH

[www.health-ni.gov.uk](http://www.health-ni.gov.uk)



## What is Palliative Care?

Palliative care is care that includes looking after your physical, social, emotional and spiritual wellbeing. It aims to support you and your family and carers to improve or maintain your quality of life when you are living with a life-limiting illness.

Palliative care manages symptoms, such as pain, breathlessness and nausea, so that you can continue to feel and to live as well as possible despite having a serious illness. It aims to improve your ability to participate in your daily activities and to keep doing the things that you enjoy.

Palliative care can be offered throughout your life-limiting illness, from the time of your diagnosis, during treatments and at the end of your life. It can help your family, friends and carers including in their bereavement.

Palliative care facilitates open and honest communication to ensure that decisions about your care, including treatment options, align with your preferences and what's important to you.

## Did you know? Palliative care...

- is not only for people with cancer – it can benefit people with any life-limiting illness
- is for all ages – it can benefit people right across the lifespan
- is for people living at home and within nursing homes, people who are in hospital, as well as for people who might need to be in a hospice
- is not only about dying, but can help people from the time of a diagnosis with a life-limiting condition onwards
- improves the quality of life of the person with palliative care needs and can help their families
- improves a person's ability to participate in their daily activities, and to keep doing things that are important to them

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## Who provides palliative care?

- Palliative care can be provided by anyone who works in healthcare.
- Palliative care is best provided by a team approach to planning and providing care that is tailored to meet the individual needs of a person, their family and those important to them.
- This may include General Practitioners (GPs), Nurses, Carers, Hospital-Based Healthcare Professionals, Pharmacists, and Allied Health Professionals (Physiotherapists, Speech and Language Therapists, Occupational Therapists and Dieticians).



- Specialist Palliative Care (SPC) Teams can be hospital, hospice or community based. Some community SPC Teams are based within local hospices and others are based within the community. Hospices provide a range of services focussed on managing symptoms within community, outpatient day services and inpatient services.



## When should I think about palliative care?

Palliative care can benefit a person at all stages of a life-limiting illness. The earlier you receive palliative care, the more it can help you, or someone close to you who has been diagnosed with a life-limiting illness. You may be experiencing symptoms and are worried about your illness, the treatments that might be available and what might lie ahead.

End-of-life care is care that is provided in the last months and weeks of a person's life and provides support to the person who is ill and those close to them.

Terminal care is care that is provided to a person and their family when the person is in the last days or hours of their life.

## Some questions that may help you:

1. Do you need help with managing your symptoms?
2. Is your illness making it hard for you to enjoy important parts of your life?
3. Are you unsure about what to expect if your illness progresses or gets worse?
4. Are you worried about how someone close to you is coping?
5. Do you need support in how to communicate with a loved one?
6. Do you need emotional, social or spiritual support to deal with how your illness has changed your life?
7. Would you like the support of a carer in your own home?

IT IS IMPORTANT TO TALK WITH YOUR HEALTHCARE TEAM ABOUT YOUR CONCERNS AND THEY WILL BE ABLE ANSWER YOUR QUESTIONS.





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## Personal Testimonials

“I get a lot of fulfillment out of it. It brings me great joy. It can be a sorrow at times, but at the same time it's a very uplifting experience. It's an amazing place to work because you're with really special people. Both the staff and the patients and their families are really special people, and I get to be a part of that and to help out in any way I can when I'm here. It's a really, really special place to be.”

**Marianne Reynolds, In-Patient Unit Hospitality Volunteer, St. Francis Hospice**

“During our loved ones final hours the hospice nurse stayed by our side and offered every comfort possible, it made such a difference to the family to have her by our side at the time of death.” **Family Member, Northwest Hospice**

“For me, it was the support and encouragement I received from the Palliative Care Team and also my involvement with Voices4Care, now gives me a focus to try to help others.” **Voices4Care Member**



## Help and Information:

### **The Palliative Hub - [www.thepalliativehub.com](http://www.thepalliativehub.com)**

The Palliative Hub was developed by the All Ireland Institute of Hospice and Palliative Care to provide a gateway to information and resources about palliative care across the island of Ireland.

For information regarding  
adult palliative care.

VISIT  
[www.adultpalliativehub.com](http://www.adultpalliativehub.com)

Online learning environment  
offering palliative care learning  
programmes.

VISIT  
[www.palliativelearning.com](http://www.palliativelearning.com)



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**Palliative Care in Partnership**



**HSE- Palliative Care**

For information regarding  
children and young people's  
palliative care.

VISIT

[www.childrenspalliativehub.com](http://www.childrenspalliativehub.com)

For information about caring  
for a person with palliative care  
needs.

VISIT

[www.carerspalliativehub.com](http://www.carerspalliativehub.com)

## Contact us:

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