

Care of the mind

Transitioning to palliative care

As life-limiting illnesses progress, the focus of medical treatment changes to palliative care. The intent of palliative care is to bring quality of life by effectively managing symptoms associated with your condition such as pain, nausea and vomiting.

Palliative care helps people as they approach the end of their life whether this is caused by a terminal illness, a life limiting health condition or ageing. Good palliative care aims to promote physical and mental comfort.

Because you may live with the illness for a long time you will primarily manage your illness at home but may require short admissions to a hospital or palliative care unit in order to restore balance to the management of your symptoms.

Sometimes people are frightened to transition to palliative care. It is sometimes misunderstood as “giving up” or that there is no hope. Palliative care can be provided in your own home by community outreach services or in a hospital or palliative care unit. This can prolong your life and ensure you have more physical and mental comfort.

Some doctors may wait for you to ask about palliative care as they will not want to alarm you. Be proactive when you are ready to raise palliative care options with your GP. The earlier you do this the sooner you will be able to take control of your situation. You will get on top of your physical symptoms and you and your family will have more time to enjoy together.

Karuna also has experienced people you can talk with on:
07 3632 8300 or karuna@karuna.org.au



This is a **Support and Learning** resource. More resources available at www.karuna.org.au/resources. Karuna is affiliated with www.fpmt.org

This work is licensed under a Creative Commons

[Attribution-NonCommercial-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-nc-sa/4.0/)

SLID 1010 V3