

# Live Well with Palliative Care

The FREE services below can provide support to those needing or receiving palliative care, their loved ones, and friends.

This information is for residents of the Blue Mountains, Hawkesbury, Lithgow and Penrith.

## Local support services

Service	What support is available	Contact	Website
<b>Belong Blue Mountains</b>	A free volunteer service providing care and support for people who have a life limiting illness, carers and family. Volunteers can provide support at home or in hospital in the Blue Mountains and Lithgow.	(02) 4759 2592	<a href="http://belongbm.org.au/palliative-support">belongbm.org.au/palliative-support</a>
<b>CarerHelp</b>	CarerHelp supports carers to prepare, plan and cope with caring for someone with a terminal illness at the end of life.		<a href="http://carerhelp.com.au">carerhelp.com.au</a>
<b>Dovida – Nepean and Blacktown</b>	Dovida specialise in supporting individuals and families with end-of-life care at home.	1300 008 018	<a href="http://dovida.com.au/local-office/nepean-blacktown-penrith/">dovida.com.au/local-office/nepean-blacktown-penrith/</a>
<b>My Health Connector</b>	Free online service directory for Nepean Blue Mountains region, including death doulas and dementia doulas.	(02) 4708 8100	<a href="http://MyHealthConnector.com.au">MyHealthConnector.com.au</a>
<b>Supportive and Palliative Care Nepean Blue Mountains Local Health District</b>	The team provide care and support for people with a life-limiting illness or progressive illness in hospital or wherever people live. They can also support their family and carers. A referral is needed from your GP.	0456 953 341	<a href="mailto:NBMLHD-supportivepalliativecare@health.nsw.gov.au">NBMLHD-supportivepalliativecare@health.nsw.gov.au</a>

## National or state-based support

Service	What support is available	Contact	Website
<b>Advance Care Planning Australia</b>	Provides advice and support in Advance Care Planning to communicate preferences and future healthcare needs.	1300 208 582	<a href="http://AdvanceCarePlanning.org.au">AdvanceCarePlanning.org.au</a>
<b>Grief Line</b>	Free, compassionate and confidential support.	1300 845 745	<a href="http://griefline.org.au">griefline.org.au</a>
<b>healthdirect</b>	A government-funded service, providing quality health information and advice 24 hours a day 7 days a week.	1800 022 222	<a href="http://healthdirect.gov.au">healthdirect.gov.au</a>
<b>NSW Trustee and Guardian</b>	Information on Wills, Guardianship, Power of Attorney, etc.	1300 109 290	<a href="http://tag.nsw.gov.au">tag.nsw.gov.au</a>
<b>Palliative Care Australia</b>	National peak body for palliative care. National palliative care service directory.	(02) 6232 0700	<a href="http://PalliativeCare.org.au">PalliativeCare.org.au</a>
<b>Palliative Care NSW</b>	Provides resources, facilitates networks, and promotes quality palliative care.	(02) 8076 5600	<a href="http://PalliativeCareNSW.org.au">PalliativeCareNSW.org.au</a>

## Support for carers

Service	What support is available	Contact	Website
<b>Carer Gateway</b>	Emotional and practical services and support for carers.	1800 422 737	<a href="http://CarerGateway.gov.au">CarerGateway.gov.au</a>
<b>CarerHelp</b>	Supports carers to prepare, plan and cope with caring for someone with a terminal illness at end-of-life.		<a href="http://carerhelp.com.au">carerhelp.com.au</a>
<b>Carers NSW</b>	State-based service providing information, education, training and resources for carers living in NSW.	(02) 9280 4744 <a href="mailto:contact@carersnsw.org.au">contact@carersnsw.org.au</a>	<a href="http://CarersNSW.org.au">CarersNSW.org.au</a>
<b>Caring @ Home Project</b>	Increase access to quality and timely end-of-life care for patients who choose to be cared for, and die at home, if possible.	1300 600 007 <a href="mailto:caringathome@health.qld.gov.au">caringathome@health.qld.gov.au</a>	<a href="http://CaringAtHomeProject.com.au">CaringAtHomeProject.com.au</a>
<b>Care Search</b>	Information about death and dying for the whole community.		<a href="http://caresearch.com.au">caresearch.com.au</a>
<b>Young Carers Network</b>	Provides information for young carers on pathways for support.	<a href="mailto:caa@carersaustralia.com.au">caa@carersaustralia.com.au</a>	<a href="http://YoungCarersNetwork.com.au">YoungCarersNetwork.com.au</a>

## Support for Aboriginal and Torres Strait Islander peoples

Service	What support is available	Contact	Website
<b>Discussing Choices</b>	Video on 'how to' support and complete Advance Care Plans for end-of-life care in Aboriginal and Torres Strait Islander communities.	1300 208 582	<a href="http://palliativecare.org.au/resource/discussing-choices-indigenous-advance-care-planning/">palliativecare.org.au/resource/discussing-choices-indigenous-advance-care-planning/</a>
<b>Aboriginal Health and Medical Research Council of NSW</b>	To provide high-quality information to help Aboriginal and Torres Strait Islander families and their healthcare workers provide family-centred palliative and end-of-life care for a loved one.	(02) 9212 4777 <a href="mailto:ahmrc@ahmrc.org.au">ahmrc@ahmrc.org.au</a>	

*Including all other available services.*

## Support for specific conditions

Service	What support is available	Contact	Website
<b>Can Assist (Blue Mountains and Lithgow branches)</b>	Committed to ensuring that all people, regardless of where they live in NSW, have equitable access to cancer treatment and care.	1300 226 277	<a href="http://CanAssist.org.au">CanAssist.org.au</a>
<b>Cancer Wellness Support - Robyn Yates Centre Leura - Penrith Centre</b>	Provides member clients and their families/carers with a large range of subsidised complementary therapies including acupuncture, meditation, yoga, gentle movement and stretching.	(02) 4784 2297	<a href="http://CancerSupport.org.au">CancerSupport.org.au</a>
<b>Dementia Australia</b>	Provides support so that you, or someone affected by dementia, can be empowered to have the best possible quality of life.	1800 100 500	<a href="http://dementia.org.au">dementia.org.au</a>
<b>Dementia Support Australia</b>	Delivers support that is tailored to your needs. They will help determine the most appropriate service – and this can change over time.	1800 699 799	<a href="http://dementia.com.au">dementia.com.au</a>
<b>Leukaemia Foundation</b>	Blood cancer support service to help navigate challenges of diagnoses, treatments and survivorship.	1800 620 420	<a href="http://leukaemia.org.au/blood-cancer/journey">leukaemia.org.au/blood-cancer/journey</a>
<b>Motor Neuron Disease Association</b>	Connect with services, health professionals and government-funded support.	1800 777 175	<a href="http://MNDAustralia.org.au/mnd-connect/find-services">MNDAustralia.org.au/mnd-connect/find-services</a>
<b>Pink Finns Hawkesbury</b>	Helping women, men and families of the Hawkesbury who are diagnosed with cancer.	0414 616 936 <a href="mailto:info@pinkfinns.com.au">info@pinkfinns.com.au</a>	<a href="http://PinkFinns.com.au">PinkFinns.com.au</a>