



Home Care Pack Contents

Home care providers are a critical part of support for older people at the end of life. Ensuring that key palliative care steps are not missed, and processes are well documented is part of good practice.

To help you and your team to support older people living in their home, we have brought together this pack of resources.

Self-Care Plan - Aged Care Team

To care for others, you need to take care of yourself. This worksheet helps you to plan activities to maintain your balance in life.

- Self-care plan for the Aged Care Team.

Recognising changing needs - forms to help you identify changes

If you see clients regularly, it can be more difficult to notice subtle changes in their condition. These forms can be used to systematically assess for deterioration in a person's health and to identify unmet supportive and palliative care needs.

- SPICT Tool • SPICT4ALL Tool.

Symptom control

Pain is one of the most common symptoms in palliative care. You can use this form to monitor for changes in pain status, and to track use of breakthrough medicines.

- Abbey Pain scale • Breakthrough medicines.

Organising a palliative care case conference

A series of practical checklists and forms to guide and document case conferences.

- Using the palliAGED conference forms • Case Conference Checklist - home care
- Invitation to attend a case conference - GPs • Confirmation of a case conference - GPs
- Information about case conferences and palliative care • Invitation to attend a case conference - person and family • Confirmation for you and your family
- Staff Communication Form • Case Conference Summary - home care.

Supporting older people and their family

You can give these forms to clients to help them keep track of emergency contacts, medicines, and to develop self-care plans for their well-being.

- My Emergency Contact List • My Medicines List • Self-care plan for Family Carer.

End of life care

Practical lists of medicines that can be used for responding to unanticipated needs in the terminal phase and a checklist to guide an at home death.

- Medicines from the PBS prescriber's bag for terminal phase symptoms
- Helping Patients and Families Plan for an Expected Home Death: The GP's Checklist.

MBS Remuneration

- MBS items for nurse practitioners
- MBS Remuneration to Support a Planned General Practice Palliative Care Pathway (Home).

To obtain further copies of this pack:

Download or order printed copies at palliaged.com.au/practiceforms



palliaged.com.au

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