



## 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 for the 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.

### **Recognising changing needs**

Forms for systematically assessing for deterioration in a person's health and identifying unmet supportive and palliative care needs.

- SPICT Tool
- SPICT4ALL Tool.

### **Symptom control**

Forms for monitoring for changes in pain status and tracking use of breakthrough medicines.

- Abbey Pain Scale
- Breakthrough medicines.

### **Palliative care case conference**

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

### **Supporting older people and their family**

Forms to give 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**

A practical list of medicines for responding to unanticipated needs in the terminal phase and a checklist for GPs to guide an at home death.

### **MBS remuneration for palliative care services**

- MBS items for nurse practitioners
- MBS remuneration for GPs providing a planned palliative care pathway

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