



## Residential Aged Care Pack Contents

### Practical help to assist you to support older people at the end of life in residential aged care

Residential aged care is a key provider of care and 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 in residential aged care, 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 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

The Abbey Pain Scale form for monitoring changes in pain status in residents living with dementia.

#### Palliative care case conferences

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

#### End-of-life-care

A practical list of PBS medicines for responding to unanticipated needs in the terminal phase.

#### MBS remuneration for palliative care services

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

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palliAGED is funded by the Australian Government Department of Health and Aged Care and managed by CareSearch, Flinders University

June 2024

