



## **Support** for you and your carers to stay **positive and well** during the end stages of life

If you are caring for someone who has a serious life-limiting condition or you need support through the end stages of life, we can help.

Designed by qualified health professionals, our Palliative Wellness program, can help you or who you care for, be as comfortable as possible and have important life decisions and preferences supported.

We understand that planning for end of life care can be daunting and have designed the program to ensure you remain as active and independent as possible.

**For more information:**  
1300 782 896 | [integratedliving.org.au](http://integratedliving.org.au)





# Helping you have the difficult **conversation**

## **This program will run for 16 weeks:**

- An assessment of your health needs and end of life care, with one of our qualified health professionals;
- Pathways available to you via different levels of medical and wellness support that is appropriate to your end of life care;
- Emotional wellbeing support;
- Advice on how to manage pain, nausea and fatigue;
- Once a week face-to-face group sessions;
- The importance of Advance Care Planning;
- Use of an iPad for duration of the program.

## **To be eligible you must:**

- Be aged 65 years and older or 50 plus if you identify as Aboriginal or Torres Strait Islander;
- Be caring for someone who has a serious life-limiting condition or you need support through the end stages of life;
- Have a My Aged Care Referral.