

## Palliative Care

More people are living longer with life limiting, long-term conditions, increasing the need for good quality palliative and end of life care. The quality of care and support available must be high and take into account the needs of everyone involved. It is important that staff providing this vital care are well trained, have good communication skills and understand the needs of the people they are supporting.

'The National Service Framework for Long Term Conditions' (Department of Health, 2005) states that people in the later stages of life are to receive a comprehensive range of palliative care services to meet their needs for personal, social, psychological and spiritual support.

Greater investment in supporting people to die at home rather than hospital should be based on the palliative care principles, which include:

- Focusing on people's quality of life, including controlling symptoms well
- A whole-person approach, which takes into account the person's life experience and current situation
- Care that encompasses those closest to the person
- Respect for the individual's own choices, including how and where they wish to spend their final days.

### How can we help?

We can provide care and support as part of proactive community care that reduces emergency admission, length of stay in hospital and includes people who have complex care needs.

We can provide person-centred care that contributes to the person's end of life care plan. We recognise that people have needs that could be physical, social, psychological, spiritual or a combination of any of these.

Carewatch support is based on dignity and respect and involves people having their say about the service they receive.

We can provide support for people who desire to stay at home but wish to spare their family carers the emotional distress, exhaustion and embarrassment of providing personal intimate care and end of life needs.

Carewatch support workers provide care and support sensitive to the individual's personal, cultural and spiritual beliefs and practices.

