

## What is Palliative Care Connect?

Palliative Care Connect provides information and links to palliative care and bereavement supports for people with life-limiting illnesses and their family, friends, and carers, as well as health and aged care professionals. Palliative Care Navigation helps people experience seamless, joined up care and support.

## What is palliative care?

From the time of diagnosis, palliative care helps people of all ages with a life-limiting illness live their life fully and comfortably. A life-limiting illness is one that is likely to cause death in the foreseeable future. This includes:

- > Cancer
- > Neurological disease
- > Dementia
- > Advanced kidney, heart, liver, and lung disease

Palliative care addresses physical symptoms as well as emotional, social, and spiritual concerns.

Family, friends and carers can also receive practical and emotional support in their caring role and in grief and bereavement.

## What is bereavement?

Bereavement is the emotional experience of losing someone important due to death. Grief can start before someone has died, such as when a loved one is first diagnosed with a life-limiting illness.

## For more information

Visit our website for key information about palliative care and bereavement. A self-assessment tool is available to help people identify the support and resources they may need. A search directory is also available to find relevant palliative care, bereavement and community services near you.

Visit: [www.palliativecareconnect.com.au](http://www.palliativecareconnect.com.au)

## HELP app

The Healthy End of Life Program (HELP) app makes it easier for people to coordinate social and practical support via one central place, so family, friends and community can stay connected, show-up and get involved.

### 1. Download the app



🔍 Healthy End of Life Planning

### 2. Sign up

### 3. Add tasks

### 4. Invite friends, family and carers

Palliative Care Connect is supported by funding from the Australian Government Department of Health and Aged Care.

Palliative Care Connect

# Find your way



[palliativecareconnect.com.au](http://palliativecareconnect.com.au)

## Statewide Palliative Care Navigation and Support

Palliative Care Navigators, available through the phone line, provide palliative care information, service linkages, and empower individuals to make choices aligned with their culture and preferences.

### Call 1800 725 548 (PALLI8)

Monday to Friday  
8.30am to 4.00pm

Email [health.pcnavigation@sa.gov.au](mailto:health.pcnavigation@sa.gov.au)  
or request a call back via the form on  
[www.palliativecareconnect.com.au](http://www.palliativecareconnect.com.au)

## Regional Specific Navigation

Regional-specific palliative care navigation is available through the phone or face-to-face for people in Clare, Kadina, Port Pirie and surrounding areas.

### Call 1800 725 548 (PALLI8) or 1800 596 799

Monday to Friday  
8.30am to 4.00pm

Email [palliativecareconnect@sonder.net.au](mailto:palliativecareconnect@sonder.net.au)  
or request a call back via the form on  
[www.palliativecareconnect.com.au](http://www.palliativecareconnect.com.au)

## Translating and Interpreting Service (TIS)

Please call 131 450 and ask for  
1800 725 548 (PALLI8)

This is a free service.

## Speech or hearing loss

We accept TTY and calls through the National  
Relay Service – Help Desk 1800 555 660

This is a free service.

## Aboriginal Specific Navigation

Aboriginal people can organise a time for Palliative Care Navigators to share how they can be supported in a culturally respectful manner. Health and aged care professionals supporting an Aboriginal person, or their loved ones, can also contact palliative care navigators for advice. Telephone support available statewide and face-to-face in Port Augusta and Whyalla.

### Call 1800 725 548 (PALLI8) or (08) 8643 5600

Monday to Friday  
8.30am to 4.00pm

Email [health.pcnavigation@sa.gov.au](mailto:health.pcnavigation@sa.gov.au)  
or request a call back via the form on  
[www.palliativecareconnect.com.au](http://www.palliativecareconnect.com.au)

## Bereavement Navigation and Support

Bereavement Navigators, available through the phone line, are available to help people of all ages understand what they are feeling and experiencing and connect them with available supports. Face-to-face services are also available in Adelaide, Berri Barmera, Gerard, Loxton Waikerie, Mount Gambier, Port Augusta, Renmark Paringa, and Whyalla.

### Call 1800 725 548 (PALLI8) or (08) 8472 8255

Monday to Friday  
8.00am to 5.00pm

Email [bereavement@focusonehealth.com.au](mailto:bereavement@focusonehealth.com.au)

