

# Southern Adelaide Palliative Services

**Welcome to our service - we're here to care for you and your family.**

## What is Palliative Care?

Palliative care offers an approach to caring that supports you to live life as fully as possible whilst facing a life limiting illness.

It aims to provide comfort when cure is no longer possible and supports you and your family's needs - whether physical, psychological, social, emotional and/or spiritual.

## What is the Southern Adelaide Palliative Service (SAPS)?

We care for you and your family by offering specialist services, including:

- Assessment of you and your family/carers needs
- Support and advice to your community care service, including your General Practitioner (GP)
- Support and advice to your treating specialists in hospitals.

Our team includes specialist nurses, doctors, social workers and other healthcare professionals.

## How do we support you and your family?

We work closely with your community services, such as your GP and any community nurses, to assist them to provide you the best care possible.

It is important you remain connected to your GP to support your care whilst outside hospital and you are also encouraged to have a regular pharmacist to assist with your medicines.

If you can no longer attend hospital for appointments or treatments, we can support you with our home visiting service and also assist with accessing equipment so you can stay at home for as long as possible.

We also offer after hours telephone support to you and your family (refer over the page for more information).

## What services do we offer?

Depending on you and your family's needs, all or some of our services may be offered throughout your time with us. Please let us know if you feel that you or your family needs further support.

### Outpatients Clinics

Our outpatient clinics are located at Flinders Medical Centre (Level 4, Rehabilitation and Palliative Care building), GP Plus Marion and GP Plus Noarlunga.

### Community support

Our team works with your existing care providers to assess your needs, provide medical advice, assist in coordinating community services and requesting additional services, if required.

Our medical specialists can also offer medical advice to your GP or other treating doctor by telephone. A visit to review complex symptoms can also be arranged on request from your GP or palliative care nurse.

**After-hours telephone support - 8404 2058 – Refer to 'Contact Palliative Care 24/7' fridge magnet.**

### Hospital support

Our specialist nurses and doctors can support you at Flinders Medical Centre or Noarlunga Hospital. We also offer an after-hours telephone advisory service to hospitals in the region.

### Inpatient Care - Laurel Hospice

Laurel Hospice is our specialist 15-bed short-stay hospice located at Flinders Medical Centre. The Hospice accepts admissions for symptom management or for care in the terminal stage of illness.



## Wellness Service

Complementary therapies work together with Western medical treatment to promote comfort, relaxation, and wellbeing. Therapies available include massage, reiki, kinesiology, reflexology, hypnotherapy, and meditation. Please ask a member of the SAPS team to submit a referral on your behalf.

## Art Therapy

Art Therapy focuses on building supportive and trusting relationships within a safe environment, using art and creative expression as a vehicle for communication. Art Therapy can support patients, families, and carers of all ages. Please ask a member of the SAPS team to submit a referral on your behalf.

## Volunteer Support

Specially trained volunteers play an integral role in providing support both in the community and Laurel Hospice. Volunteer support includes assisting with client biographies, bereavement, Wellness Service and Art Therapy.

## Pharmacy

SAPS dedicated pharmacist will work with the hospital team as well as with your local community pharmacy to ensure your medications are optimally managed to support you while with our service. Our pharmacist can provide advice about using, storing, and obtaining your medications as well as answer any questions you may have.

## Physiotherapy and Occupational Therapy

Physiotherapy and Occupational Therapy can be organised to assist in maintaining your safety at home.

## Social Work

Practical support to facilitate adjusting to living with a life limiting illness is available to you and your family/carer. Please let your community nurse know if you would like more information on this service.

## Interpreter Services

Interpreter services are available on request, please advise the SAPS team if you require this service.

## More information

For any questions or concerns please contact SAPS on 8404 2058.

In an emergency, please call 000 for an Ambulance or attend your nearest Emergency Department.

Other support services:

### Care Search: Palliative Care Knowledge Network

The CareSearch Project consolidates online palliative care knowledge for health professionals, people needing palliative care and their families, and for the general community. <https://www.caresearch.com.au/>

### Carer Gateway

Carer Gateway is an Australian Government program providing free services and support for carers. If you care for a family member or friend with disability, a medical condition, mental illness, or who is frail due to age, then Carer Gateway can help you. <https://www.carergateway.gov.au/>

### Healthy End of Life Program (HELP)

Building capacity for collaborative end-of-life care across the health and community sectors with a HELP app available for download on Apple or Google Play stores. <https://healthyendoflifeprogram.org>  
<https://healthyendoflifeprogram.org/help-app/>

## For more information

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This document has been reviewed and endorsed by consumers.