

What will happen ...

The coordinator of the service will contact you initially to discuss the service and your needs, and arrange to meet you in your own home. Following this initial visit, you will be introduced to one or more volunteers who have been matched to your needs. The service will begin as soon as you require.

The coordinator will contact you after two weeks to ensure you are satisfied with the service and then will monitor as needed.

If you have any concerns, complaints or comments please contact the coordinator directly.

You can find us at ...

Blue Mountains Palliative
Support Service

Lawson Community Centre

9 New Street

PO Box 117

Lawson NSW 2783

Please contact the Coordinator
Monday to Friday 9.00am – 4.30pm

4759 3001

Fax: (02) 4759 3344

Email: katrina@mmnc.org.au

www.mmnc.org.au

ABN: 77315591091



Health
Nepean Blue Mountains
Local Health Network

Blue Mountains Palliative Support Service



A free volunteer service providing care and support for people living with life limiting illness and for their carers, families and friends

A project of the
Mid Mountains Neighbourhood Centre



This service is provided FREE of charge to anyone with a life threatening illness, their families and carers living in the Blue Mountains.

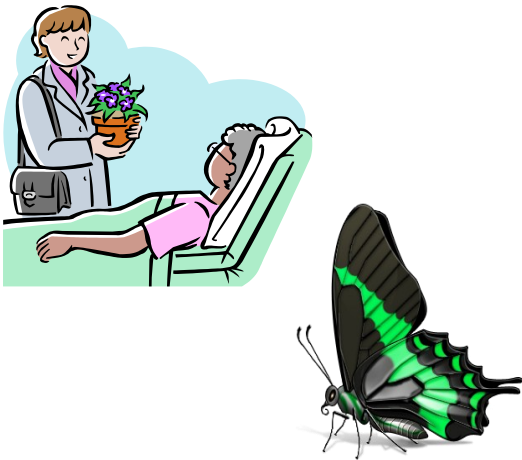
A volunteer service, formed in 1987,
in memory of
Claude Papesch
a Blue Mountains resident
who died in 1986

What is palliative care?

Palliative Care is specialised health care for people who are terminally ill or whose illness is not curable.

It aims to maximise quality of life and minimise pain and other symptoms. It is a holistic approach which considers the needs of the 'whole' person, including physical, psychological, social and spiritual needs. It includes the support of carers and families. It may be provided by your GP.

Our volunteers can provide support at home, in local hospitals or (for limited periods) in aged care facilities.



Who are the volunteers?

Our volunteers are special people carefully selected and trained.

Volunteers undergo extensive training through NSW Health, in this specialist field. Their personal qualities include knowledge and understanding of palliative care issues, sensitivity, empathy and the willingness to be there for people with life-limiting illnesses and their family, carers and friends.

They give their time freely to provide a caring and non-judgmental presence, while at the same time being bound by professional ethics and confidentiality. They can offer both practical and emotional support.

Our volunteers are of all ages and come from a variety of backgrounds.



Our volunteers can help by:

- offering companionship
- providing respite & support for carers
- running errands such as paying bills or exchanging library books
- reading or writing letters
- assisting with recreation and hobbies
- providing help with minor practical tasks in the home
- providing occasional transport
- short outings
- providing information and resources
- providing bereavement support

Comments from clients:

"Our volunteer was like a lifeline. She showed genuine care, compassion and support."

"The volunteer visits lightened our spirits."

"Our volunteer was truly compassionate and selfless. She treated my partner the way she would like to be treated herself, that's all anyone can ask"