

PRESS RELEASE



National Palliative Care Week – locals supporting locals

Let's face it, nobody likes to think or talk about it, but aged care homes are often places where people choose to spend the final chapter of their life.

Last week McLean Care celebrated National Palliative Care Week, and their highly skilled, dedicated and compassionate Palliative Care Team, who are some of the best in the region. National Palliative Care Week is held to raise awareness and understanding about palliative care in the Australian community. The theme for this year's celebration was 'You matter, your care matters. Palliative care can make a difference'.

"Palliative Care means many different things to many different people, and whilst it has an official meaning, we at McLean think of it as an ongoing journey which continues to encompass choice, love, compassion and togetherness." said Sarah Wade, McLean Care Residential Manager.

"Our Palliative Care team is comprised of individuals who possess that special 'something' that makes them perfect for their role, and we are fiercely proud of them and the work that they do."

We would all agree that it must take a very special kind of person to work in the Palliative Care environment, but ask anyone who has chosen to work in this specialist area, they will tell you that what they do, and what they experience, doesn't always weigh them down. Quite to the contrary, most will tell you that they find fulfillment in taking care of people in the final days of their lives.

"People often ask me what it's like to work in Palliative care, especially because I am often there with people who may be suffering, and are literally in the last moments of their lives." says Direct Care Worker, _____

"Sometimes they feel sorry for me, thinking that it must be depressing working with people who are dying. But I always smile, and tell them that my work isn't just about dying. It is very much about supporting people to live their lives, despite end-of-life diagnoses. You come to understand, in this role, that it's other people's pain and feelings that matter, not your own. I also get to help their families and friends to cope with the loss of their loved ones. It's a very fulfilling role; one which I love. I feel like I make a real difference."

The philosophy behind specialist palliative care is that people wish to die what they themselves define as a "good death". It is about providing support that enables people to live as actively and as comfortably as possible, while being supported in their individual psychological, social, emotional and spiritual needs.

Inverell is home to many passionate and dedicated carers, who work tirelessly behind the scenes, giving choice back to the people of our community who are most in need; locals supporting locals.

For further comment or media opportunities, contact Sarah Wade, McLean Care Residential Manager on (02) 6721 7300 or sarah.wade@mcleancare.org.au