

Medicine safety

Carers who are supported with education and resources can manage and administer medicines to relieve symptoms in home-based patients.





- Store all medicines in a cool, dry and clean place.
- Store all medicines safely away from children, visitors and pets.
- Keep an updated list of medicines (including vitamins, over-the-counter and herbal products). Take the list with you to all doctors' appointments and ask them to review and update it at each visit.
- Make sure your doctor, nurse and pharmacist know about any allergies or reactions to medicines.
- Take the right medicine at the right time. Check with your pharmacist, nurse or doctor if you are not sure how the medicines should be taken, or if you have any questions about the medicines.
- If a dose of medicine is missed, contact your pharmacist, doctor or nurse for advice: it may be important to take the missed dose now or to wait until the next time the dose is due.
- If there are any side effects from any medicine, contact your pharmacist, nurse or doctor for advice.
- Take the medicine list and all current medicines (including medicines such as vitamins, herbal products and cough medicines) with you when you go to hospital.
- Never share medicines with other people. Medicines are potentially dangerous if taken by other people for whom they were not prescribed.
- Some medicines, particularly pain medicines, can affect one's ability to drive safely. It may be necessary to stop driving when first starting some medicines.
- It is important to talk with your doctor about safety to drive when taking prescribed medicines.

Research has shown that carers who are supported with education and resources, tailored to their needs, can confidently, safely and competently manage and administer subcutaneous medicines to relieve breakthrough symptoms in home-based Palliative Care patients.

caring@home resources are available for community service providers and health professionals to support carers to help manage breakthrough symptoms safely using subcutaneous medicines if that is something they want to do.



For more information:

 1300 600 007



 caringathomeproject.com.au

Useful contacts



Australian Indigenous Health InfoNet

-  (08) 9370 6336
-  healthinonet.ecu.edu.au/learn/health-system/palliative-care



Cancer Council NSW

-  13 11 20
-  cancercouncil.com.au



Carer Gateway

-  1800 422 737
-  carergateway.gov.au



Carers NSW

-  (02) 9280 4744
-  carersnsw.org.au



Caresearch

-  (08) 7221 8233
-  caresearch.com.au



Centrelink

-  13 27 17
-  servicesaustralia.gov.au




Dementia Australia NSW

-  1800 100 500
-  dementia.org.au

GriefLine National

-  1300 845 745
-  griefline.org.au



Leukaemia Foundation

-  1800 620 420
-  info@leukaemia.org.au
-  leukaemia.org.au

Lifeline

-  13 11 14
-  lifeline.org.au

My Aged Care

-  1800 200 422
 -  myagedcare.gov.au
-

My Health Record

- ☎ 1800 723 471
- 🖱 myhealthrecord.gov.au

National Disability Insurance Service (NDIS)

- ☎ 1800 800 110
- 🖱 ndis.gov.au

National Stroke Foundation

- ☎ StrokeLine: 1800 787 653
- 🖱 strokefoundation.org.au

NSW Trustee & Guardian

- ☎ 1300 109 290
- 🖱 tag.nsw.gov.au

Palliative Care NSW

- ☎ (02) 8076 5600
- 🖱 palliativecarensw.org.au

Relationships Australia

- ☎ 1300 364 277
- 🖱 relationships.org.au

Services Australia

- ☎ servicesaustralia.gov.au/individuals/contact-us/phone-us
- 🖱 servicesaustralia.gov.au

The Department of Veteran's Affairs

- ☎ General enquiries: 1800 838 372
- ☎ Counselling Service: 1800 011 046
- 🖱 dva.gov.au

If you require an interpreter, contact the Translating and Interpreting Service (TIS National)

- ☎ 13 14 50
- 🖱 tisnational.gov.au

If you have a hearing or speech impairment, contact the National Relay Service

- ☎ 24 hour relay call numbers
TTY/voice calls: 133 677
Speak and Listen: 1300 555 727
SMS Relay: 0423 677 767
- 🖱 relayservice.gov.au

Caring for someone as they approach the end of their life can be both rewarding and demanding. It is hoped that this book will help to explain what caring involves, so you are better equipped to make informed decisions which reflect your needs and circumstances.

You matter.



Palliative Care
NEW SOUTH WALES

Palliative Care NSW

706/50 Clarence St Sydney NSW 2000

(02) 8076 5600

info@palliativecarensw.org.au

palliativecarensw.org.au