

Palliative Care Week a time to celebrate selfless caregiving



This week is National Palliative Care Week (24-30 May) and is an opportunity to highlight the role of palliative care in improving the lives of people faced with life-limiting illness, reducing their fear and suffering and also looking after their families.

“Many of us do not understand what palliative care is. The aims of palliative care are to make you comfortable, to improve your quality of life, and to support family and friends involved in your care,” said Adonis Maglis, Project and Community Officer for Pronia which runs Mazi, a palliative care programme.

Mr Maglis said palliative care offered support to the patient and the family to make important decisions about care and quality of life matters.

“Palliative care doesn’t just treat your body. It also cares for your social, spiritual, emotional and cultural needs. Palliative looks after you as a whole person,” he said.

A palliative care worker is also there to also provide practical and emotional support to family and friends. This would include offering advice on care, medical equipment, taking breaks from providing care, finding carer support groups and counselling.

It can help people with a wide range of conditions, such as cancers, chronic

diseases, dementia, and degenerative conditions. People of all ages, cultures and beliefs can receive palliative care,” said Mr Maglis.

“Some people live with their condition for a long time, others have periods of wellness, and some may recover. People can move in and out of palliative care as their needs change.”

◆ For more information on Mazi, contact Mr Maglis or Sonya Daskalakis on (03) 9388 9998.

neoskopos.com