

## For immediate medical attention

Call **000** or go to your closest emergency department.

## Translating and Interpreting

Please call 131 450 and ask for 1800 360 000.  
This is a free service.

## Speech or hearing loss

We accept TTY and calls through the National Relay Service – Help Desk 1800 555 660

## Share your feedback

We value your feedback  
Email – [advice@pcas.org.au](mailto:advice@pcas.org.au)  
Phone – 1800 360 000

[www.pcas.org.au](http://www.pcas.org.au)

# 1800 360 000

7am–10pm, seven days a week

The Victorian Palliative Care Advice Service is funded by the Department of Health, operated by the Royal Melbourne Hospital and supported by the Victorian Government.

To receive this publication in an accessible format phone 1800 360 000, using the National Relay Service 13 36 77 if required, or email [<advice@pcas.org.au>](mailto:advice@pcas.org.au)

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# Victorian Palliative Care Advice Service

# 1800 360 000

7am–10pm, seven days a week

For everyone  
everywhere  
in Victoria



The aim of palliative care is to improve quality of life for people and families living with life-limiting illness.

**This Advice Service is for everyone in Victoria.**

**Are you living with life-limiting illness?**

**Are you a carer, family member, friend or neighbour of someone who is living with life-limiting illness?**

We can help with questions like:

- How could palliative care help the person I support?
- Where can I find information about being a carer?
- How do I find the right palliative care service?
- What can I do to relieve my pain? My nausea? My breathlessness?
- What do I need to think about and plan for?
- How do I talk with my healthcare provider about palliative care?

**Are you a doctor, nurse or other healthcare provider caring for someone with life-limiting illness?**

Our specialist palliative care nurse or doctor can give help with issues like:

- Symptom management
- Prescribing
- Converting medications from oral to injectable
- Continuous subcutaneous infusions (syringe drivers)
- Decision-making and advance care planning.

We are unable to provide prescriptions, referrals, access medical records or replace the care of local healthcare providers.

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FREE AND CONFIDENTIAL

**[www.pcas.org.au](http://www.pcas.org.au)**