# Psychosocial support at the end of life requires:

#### Informing

- Helps with making choices
- Facilitates access to social and support services
- Provides personal control
- Decreases anxiety
- Improves individual and family coping
- Increases satisfaction with care

#### Ensuring Coordinated Continuous Care

- Acknowledge scope of practice and refer when needs are complex
- Multidisciplinary health care team
- Counsellors, social workers and pastoral carers/chaplains
- Community support services

# Supporting Relationships

- Provide opportunities to discuss relationships
- Assist with developing shared communication strategies
- Discuss sexuality concerns and ways of expressing sexuality
- Refer to specialised advice

### Maintaining Social Engagement

- Explore alternative enjoyable activities
- Provide practical assistance
  - disabled parking
  - taxi vouchers
- Provide information about support groups
- Offer day and/or respite care

## Supporting the Caregiver

- Respite
  - day respite
  - inpatient respite
  - in-home respite
- Support
  - financial
  - groups
  - in home practical care including home assessment, home help and nursing

#### References:



