

CARERS IN THE GRAMPIANS

We recently acknowledged a lack of regionally specific stories of carers of patients in palliative care. The Carers in the Grampians project was designed to offer contextual support to reduce isolation of the carers by providing personal and honest accounts from carers in the same situation and region. Specific issues such as isolation and distance from official support services, and a stronger local community mean that friends, neighbours and family often step into the gap. Participants were introduced to the project by their local palliative care provider and then invited to complete a consent form. Participants were then contacted by Pippa Wischer. Pippa is a digital storyteller who works with photography, text, video and sound.



The ten carers interviewed for the project live in regional towns such as Ararat, Horsham, St Arnaud and Ballarat, and others live on farms within the region. All participants in the project cared for family members who died prior to, or during, their engagement with the project. The familial relationships included children, siblings, partners and parents. All but one of the family members in this project died in their home, and all but one were heavily supported by their local palliative care team at the end of their lives.

Talking openly about their parents, partners, siblings and children, the participants discussed what it was like to hear that there were no further active treatment options available, and the impact that had on their family member in palliative care, and on themselves. They revealed some of the joys as well as some of the challenges of caring for their family members, and what it was like for them dealing with grief. They shared the benefits and difficulties of looking after their family members at home, and acknowledge how the experience has changed them.

The content, photographs and text have been produced into several forms to expedite delivery of communication to this widespread community. This includes:

- **Booklets**
A 26 page A5 booklet, available for distribution within the Grampians region.
For copies, please email Bernadette.Matthews@bhs.org.au or phone 5320 3553.
- **Posters**
A set of ten posters to be shown at farmers markets and field days.
- **Gallery Prints**
A set of ten gallery prints to be exhibited at galleries and libraries within the Grampians region. Currently at the Ararat Regional Art Gallery until the 5th of December 2016.
- **Digital Video Projection**
For professional palliative care conferences and community centres.
- **Online Material**
Presented on the GRPCT website www.grpct.com.au

The launch of the **Carers in the Grampians** project was held at the Ararat Regional Art Gallery on the 9th of November.



For further information please see www.grpct.com.au or visit the exhibition at the Ararat Regional Art Gallery, Vincent Street, Ararat until the 5th of December 2016.

Jade Odgers
Manager



The GRPCT wish you all a safe and happy Christmas. May the future bring health, love and happiness. We look forward to 2017 and hope to see you then.

CONTACTS

Grampians Regional Palliative Care Team

Ph 5320 3553	Fax 5320 6493
Dr Greg Mewett	greg.mewett@bhs.org.au
Dr Chi Li	chi.li@bhs.org.au
Dr Penny Cotton	penny.cotton@bhs.org.au
Regina Kendall	regina.kendall@bhs.org.au
Dr Eve Westland	eve.westland@bhs.org.au
Dr Buddhika Mudugamuwa	buddhika.mudugamuwa@bhs.org.au
Lawrence Habegger	lawrence.habegger@bhs.org.au
Julia Johnston	julia.johnston@bhs.org.au
Bernadette Matthews	bernadette.matthews@bhs.org.au

Ballarat Hospice Care Inc

Ph 5333 1118	Fax 5333 1119
Carita Clancy	eo@ballarathospice.com

Central Grampians Palliative Care

Ph 5352 9328	Fax 5352 9425
Jane Bourman	jane.bourman@eghs.net.au

Djerriwarrh Palliative Care

Ph 5367 2000	Fax 5367 9641
Jane Bostock	janeb@djhs.org.au

Gandarra Palliative Care Unit

Ph 5320 3895	Fax 5320 3763
Dr Greg Mewett	gregm@bhs.org.au
Maree Kewish	mareek@bhs.org.au

Grampians Region Palliative Care Consortium

Peter Marshall	gpalcareconsort@gmail.com
----------------	---------------------------

Wimmera Hospice Care

Ph 5381 9363	Fax 5381 9170
Barry Arnott	barnott@whcg.org.au
Jennifer Noonan	jnoonan@whcg.org.au
	hospice@whcg.org.au

2016