

Hours of operation

The Palliative Day Care is open to clients from 10am to 3pm on Tuesday, Wednesday and Thursday. Frequency of attendance is negotiated between the Palliative Day Care Coordinator and the client and family. Clients are provided with morning tea, afternoon tea and lunch.

A gold coin donation for each visit would be appreciated.

Contact details and further information

Address

Palliative Day Care
Caritas Christi Hospice
104 Studley Park Road
Kew 3101

Telephone (direct)

9854 1621

Fax

9853 1509

Email

margaret.mudford@svhm.org.au

Prospective clients and their carers are welcome to visit the Palliative Day Care.

Please telephone beforehand to arrange an appointment.

Palliative Day Care

Information for referrers



ST VINCENT'S
HOSPITAL
MELBOURNE

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

PO Box 2900 Fitzroy
VIC 3065 Australia
(03) 9288 2211

www.svhm.org.au



ST VINCENT'S
HOSPITAL
MELBOURNE

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

About the Palliative Day Care

The Palliative Day Care is part of St Vincent's Melbourne. It is located at Caritas Christi Hospice in Kew, overlooking a large garden.

The Palliative Day Care provides day respite for people who are living in the community with a progressive life threatening illness, but are well enough to enjoy a few hours away from home.

The Palliative Day Care has a social focus, provided in a safe, friendly and supportive environment.

Our goal is to provide palliative clients with the opportunity to access diversional and occupational activities while socialising with other clients and staff.

The Palliative Day Care is staffed by palliative care nurses and trained volunteers who are committed to providing purposeful activities and quality care for clients.

The Palliative Day Care has capacity for up to 10 clients per day.

It offers 'a day out' for the client and 'a day off' for the carer.

Consistent with the aims of palliative care, the Palliative Day Care seeks to support both the client and their family. Providing the carer with a day of respite from the caring role can enhance the quality of life for both the client and the carer.

As one client said:

"It's been a perfect day, with time spent in the garden enjoying each other's company, and staff who kept us busy... can't wait to come again. All activities got us involved, didn't have time for everything."

And from a carer:

"The Palliative Day Care was my favourite place to be during our long sojourn. Some of my bleakest moments were lifted by a visit to that room."

The Palliative Day Care offers a range of gentle and flexible activities tailored to the fluctuating energy levels of our clients. The activities are optional and include:

- massage
- music
- craft
- games
- celebrations
- pet therapy
- discussion groups.

The Palliative Day Care also has reclining chairs for those clients who may prefer to relax and observe activity around them.

Making a referral to the Palliative Day Care

Referrals to the Palliative Day Care can be made by any health professional. Clients and their carers can also initiate a referral.

All enquiries regarding referrals should be directed to the Palliative Day Care Coordinator by phoning 9854 1621 or through switch on 9853 2344.

A referral form will be faxed or emailed for completion and return to the Palliative Day Care. Please ensure all requested information is provided. All referrals will be assessed according to the criteria as follows:

- clients have a diagnosis of a progressive malignant disease, or
- clients have a diagnosis of advanced end stage non-malignant disease, including organ failure and neurodegenerative diseases.

All of the following additional criteria:

- clients are aged over 18 years, with no upper age limit
- the client ideally resides within a geographically appropriate distance from the Palliative Day Care for ease of travel and transport
- the client consents to attending palliative day care
- the client's physical symptoms are considered to be 'well controlled' by the current management plan at the time of initial assessment

- clients are able to self-administer their medications
- clients are able to feed themselves with minimal assistance
- clients are able to attend to some of their physical needs, assessed by Eastern Cooperative Oncology Group with a score of no greater than three
- clients and their family are likely to benefit from attending the Palliative Day Care, with potential enhancement of quality of life
- clients are cognitively well enough to benefit from and participate in activities provided by the Palliative Day Care
- clients are receiving care from a general practitioner and/or a community palliative care service who support the request for admission to the Palliative Day Care
- clients agree to provide contact details from their GP and/or community palliative care service to facilitate ongoing communication
- clients are able to arrange transport to the Palliative Day Care (volunteer transport may be an option provided by Caritas Christi)
- clients and/or their families agree to liaise via phone with the Palliative Day Care regarding confirmation of attendance on a per session arrangement once they have been accepted into the program.