

Live Well with Palliative Care

The FREE services below can provide support to those needing or receiving palliative care, their loved ones, and friends.

This information is for residents of the Blue Mountains, Hawkesbury, Lithgow and Penrith.

Local support services

Service	What support is available	Contact	Website
Belong Blue Mountains	A free volunteer service providing care and support for people who have a life limiting illness, carers and family. Volunteers can provide support at home or in hospital in the Blue Mountains and Lithgow.	(02) 4759 2592	belongbm.org.au/palliative-support
Home Instead – Nepean and Blacktown	Home Instead specialise in supporting individuals and families with end-of-life care at home.	(02) 4722 2256	homeinstead.com.au/locations/nepean-blacktown/
My Health Connector	Free online service directory for Nepean Blue Mountains region, including death doulas and dementia doulas.	(02) 4708 8100	MyHealthConnector.com.au
Supportive and Palliative Care Nepean Blue Mountains Local Health District	The team provide care and support for people with a life-limiting illness or progressive illness in hospital or wherever people live. They can also support their family and carers. A referral is needed from your GP.	0456 953 341	NBMLHD-supportivepalliativecare@health.nsw.gov.au

National or state-based support

Service	What support is available	Contact	Website
Advance Care Planning Australia	Provides advice and support in Advance Care Planning to communicate preferences and future healthcare needs.	1300 208 582	AdvanceCarePlanning.org.au
Grief Line	Free, compassionate and confidential support.	1300 845 745	griefline.org.au
healthdirect	A government-funded service, providing quality health information and advice 24 hours a day 7 days a week.	1800 022 222	healthdirect.gov.au
NSW Trustee and Guardian	Information on Wills, Guardianship, Power of Attorney, etc.	1300 109 290	tag.nsw.gov.au
Palliative Care Australia	National peak body for palliative care. National palliative care service directory.	(02) 6232 0700	PalliativeCare.org.au
Palliative Care NSW	Provides resources, facilitates networks, and promotes quality palliative care.	(02) 8076 5600	PalliativeCareNSW.org.au

Support for carers

Service	What support is available	Contact	Website
Carer Gateway	Emotional and practical services and support for carers.	1800 422 737	CarerGateway.gov.au
Carers NSW	State-based service providing information, education, training and resources for carers living in NSW.	(02) 9280 4744 contact@carersnsw.org.au	CarersNSW.org.au
Caring @ Home Project	Increase access to quality and timely end-of-life care for patients who choose to be cared for, and die at home, if possible.	1300 600 007 caringathome@health.qld.gov.au	CaringAtHomeProject.com.au
Young Carers Network	Provides information for young carers on pathways for support.	(02) 6173 2620	YoungCarersNetwork.com.au

Support for Aboriginal and Torres Strait Islander peoples

Service	What support is available	Contact	Website
Discussing Choices	Video on 'how to' support and complete Advance Care Plans for end-of-life care in Aboriginal and Torres Strait Islander communities.	1300 208 582	palliativecare.org.au/resource/discussing-choices-indigenous-advance-care-planning/
Aboriginal Health and Medical Research Council of NSW	To provide high-quality information to help Aboriginal and Torres Strait Islander families and their healthcare workers provide family-centred palliative and end-of-life care for a loved one.	(02) 9212 4777 ahmrc@ahmrc.org.au	

Including all other available services.

Support for specific conditions

Service	What support is available	Contact	Website
Can Assist (Blue Mountains and Lithgow branches)	Committed to ensuring that all people, regardless of where they live in NSW, have equitable access to cancer treatment and care.	1300 226 277	CanAssist.org.au
Cancer Wellness Support - Robyn Yates Centre Leura - Penrith Centre	Provides member clients and their families/carers with a large range of subsidised complementary therapies including acupuncture, meditation, yoga, gentle movement and stretching.	(02) 4784 2297	CancerSupport.org.au
Dementia Australia	Provides support so that you, or someone affected by dementia, can be empowered to have the best possible quality of life.	1800 100 500	dementia.org.au
Dementia Support Australia	Delivers support that is tailored to your needs. They will help determine the most appropriate service – and this can change over time.	1800 699 799	dementia.com.au
Leukaemia Foundation	Blood cancer support service to help navigate challenges of diagnoses, treatments and survivorship.	1800 620 420	leukaemia.org.au/blood-cancer/journey
Motor Neuron Disease Association	Connect with services, health professionals and government-funded support.	1800 777 175	MNDAustralia.org.au/mnd-connect/find-services
Pink Finss Hawkesbury	Helping women, men and families of the Hawkesbury who are diagnosed with cancer.	0414 616 936 info@pinkfinss.com.au	PinkFinss.com.au