



MALTESE

## Palliative Care

Helping people with life-limiting illness live well

## Kura Palljativa

Nghinu persuni li jbatu minn mard li jillimita hajjithom biex ikunu jistghu jghixu sew

### What is palliative care?

Palliative care helps people with a life-limiting illness to have the best possible quality of life. It is available for everyone – of any age, race, culture, background or religion, and most services are free.

Depending on your needs, palliative care may include:

- Medicine and other therapies to relieve your pain and manage symptoms
- Support for your family members
- Help and equipment to live comfortably at home where possible
- Help to meet your spiritual, religious or cultural needs
- Regular visits from health workers and other care providers

If you choose to have palliative care, you can talk about your individual needs, ask any questions and make requests so you have the best care possible.

When using palliative care, the person with the illness and their family are always in control of decisions about their health, medical treatment and wellbeing.

### X'inhi kura palljativa?

Il-kura palljativa tgħin persuni li jbatu minn mard li jillimita hajjithom biex huma jkollhom l-aħjar kwalità possibbli ta' hajja. Tista' tinkiseb minn kulhadd – kwalunkwe età, razza, kultura, sfond jew religjon, u l-biċċa l-kbira tas-servizzi huma bla ħlas.

Dejjem jiddependi mill-bżonnijiet tiegħek, il-kura palljativa tista' tinkludi:

- Medicini u terapiji oħra biex ittaffi l-uġiġh tiegħek u timmaniġġja s-sintomi
- Sapport għal membri tal-familja tiegħek
- Għajjnuna u apparat biex tgħix komdu f' darek meta jkun possibbli
- Għajjnuna biex tissodisfa l-bżonnijiet spiritwali, religjużi jew kulturali tiegħek
- Viżiti regolari minn haddiema tas-saħħa u persuni oħra li jieħdu hsieb is-saħħa

Jekk tagħżel li tirċievi l-kura palljativa, int tista' titkellem dwar il-bżonnijiet individwali tiegħek, tistaqsi kwalunkwe mistoqsija u tagħmel talbiet biex hekk ikollok l-aqwa kura possibbli.

Meta tuża l-kura palljativa, il-persuna marida u l-familja tagħha dejjem ser jikkontrollaw it-tehid tad-deċiżjonijiet dwar kura medika u saħħithom.

## Palliative care does not mean the end

Palliative care can be used at any time in your illness, not just for people who are near the end of life. Using palliative care does not mean there is no hope, you have 'given up' or your families don't care. You can continue treatment at the same time as receiving palliative care.

You may be able to use complementary therapies or traditional medicine.

## Il-kura palljativa ma tfissirx it-tmiem

Il-kura palljativa tista' tintuża f' kwalunkwe perjodu tal-marda tiegħek, mhux sempliciment minn persuna qrib it-tmiem tal-ħajja. Lużu tal-kura palljativa ma jfissirx li m'hemmx tama, li int 'qtajt qalbek' jew li l-familja tiegħek ma tagħtix każ. Int tista' tibqa' tirċievi l-kura fl-istess ħin meta tkun qed tirċievi l-kura palljativa.

Int tkun tista' tuża terapiji komplimentari jew medicina tradizzjonali.

## Who provides palliative care?

Palliative care can be provided by your own doctor, specialist doctors and nurses, physiotherapists, religious or spiritual advisors and others.

## Min jipprovdi l-kura palljativa?

Il-kura palljativa tista' tingħata mit-tabib tiegħek stess, tobbu u nersijiet speċjalizzati, fiżjoterapisti jew saċerdoti.

## Where can I receive care?

Depending on your needs and other factors, you may receive care at home, a hospital or hospice, or other care facility. Care in a hospital or a hospice is usually for a short time to treat your symptoms and pain so that you can return home if possible.

## Fejn nista' nirċievi l-kura?

Dejjem jiddependi mill-bżonnijiet tiegħek u fatturi oħra, int tista' tirċievi l-kura d-dar, fi sptar jew f'ospizzju, jew faċilità oħra tal-kura. Il-kura fi sptar jew f'ospizzju normalment tkun għal żmien qasir biex tikkura s-sintomi u l-uġiġh tiegħek biex int tkun tista' tmur lura d-dar jekk hu possibbli.

## Will I have to pay?

Most services are free but there may be some costs for equipment or medicines. Ask your local service to make sure you know if there are costs.

## Ser ikolli nħallas?

Il-biċċa l-kbira tas-servizzi huma bla ħlas imma jista' jkun hemm xi spejjeż għall-apparat jew mediċini. Staqsi lis-servizz lokali tiegħek biex tkun żgura jekk hemmx xi spejjeż.

## What if I need to speak another language?

If you feel better speaking in your own language, let your palliative care service know. Most of them can organise an interpreter for free.

## X'jiġri jekk għandi bżonn nitkellem lingwa oħra?

Jekk tħossok aħjar jekk titkellem bil-lingwa tiegħek, avża lis-servizz tiegħek tal-kura palljativa. Il-biċċa l-kbira tagħhom jista' jaraw li jkun hemm interpretu bla ħlas.





## What about my family?

Palliative care also helps your family as they care for you. This may include:

- Help with doctors and other appointments
- Help to make sure you have the right medicine and care
- Support to meet their needs
- A break from care
- Help to organise financial and legal support
- Support and advice after business hours

## U l-familja tiegħi?

Il-kura palljativa tgħin ukoll lill-familja tiegħek waqt li huma jiehdu ħsiebek. Dan jista' jinkludi:

- Għajjuna biex tara t-tabib u appuntamenti oħra
- Għajjuna biex tara li għandek il-medicina u l-kura li tgħodd għalik
- Sapport biex jiġu milħuqa l-bżonnijiet tagħhom
- Serħan mill-kura li tagħti
- Għajjuna biex jiġu organizzati support finanzjarju u legali
- Sapport u parir wara l-hin meta l-uffiċċji jkunu magħluqa

## Where can I get more information?

For more information, you can talk to:

- Your doctor
- Your local palliative care service

You can also call Palliative Care Victoria to find out more information or help you find your local service.

### Freecall

1800 660 055 or  
03 9662 9644  
(9am – 5pm Monday to Friday)

A telephone interpreter can be arranged – please tell us what language you need.



## Fejn nista' nikseb aktar tagħrif?

Għal aktar tagħrif, int tista tkellem lil:

- It-tabib tiegħek
- Is-servizz lokali tiegħek tal-kura palljativa

Int tista' wkoll iċċempel lil Palliative Care Victoria biex tikseb aktar tagħrif, jew għajjnuna biex issib is-servizz lokali tiegħek.

### Telefonata bla ħlas

1800 660 055 jew  
03 9662 9644  
(9am – 5pm mit-Tnejn sal-Ġimgħa)

Interpretu bit-telefon jista' jiġi kkuntattjat – jekk jogħġbok għidilna liema lingwa għandek bżonn.



We thank the Victorian Government and the Lord Mayor's Charitable Foundation for their support. Aħna nringrazzjaw lill-Gvern ta' Victoria u lill-Fondazzjoni Karitatevoli tas-Sindku għas-sapport tagħhom.

This handout was produced by Palliative Care Victoria in partnership with the Ethnic Communities Council of Victoria and the Multicultural Centre for Women's Health.

Il-fuljett gie prodott mill-Kura Palljativa Victoria fi shab mal-Kunsill tal-Komunitajiet Etniċi ta' Victoria u ċ-Ċentru Multikulturali għas-Sahħa tan-Nisa.

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