

Press Release



Central Coast
Division of
General Practice



24th May 2010

During National Palliative Care Week (23 – 29 May 2010), Dr Phil Godden, Chair Central Coast Division of General Practice (CCDGP) encourages people to talk a little more about dying, death and achieving a good quality of life, at the end of life.

He said "Building capacity in the community to talk about dying and death, and the knowledge of where to find help is crucial". When people are well informed, they are better able to access the care they need when it is required. Furthermore, when communities start talking about dying, death and grief, they are better able to support themselves and work to prevent adverse impacts of loss and grief.

Dr Godden said Palliative Care week coincides with the launch of a [Central Coast Community Palliative Care Directory](#), a specialised set of Clinical Practice support tools and completion of a project in this area.

He said the project is a joint initiative between CCDGP and Central Coast Palliative Care Services. The project aimed to strengthen GPs' capacity in their primary care role to plan and coordinate optimal palliative care in community care settings, to support the community-based carers for persons with palliative care needs, and to make connections with the specialist palliative care service as needed. Ensuring that patients and GP's are well supported with optimal resources during this part of a person's life stage is important to the healthcare sector and community. This Project was recently announced a finalist in the Palliative Care in Primary Care Awards auspiced by Palliative Care NSW.

Dr Godden said that concurrent with this project the Advanced Care Directive project was also undertaken jointly. An Advanced Care Directive ('Living Will') is a written statement regarding someone's wishes for their own future health care. It can be made now by anyone who has the capacity to do so and is only used if, at some point in the future the person becomes incapable of making health care decisions for themselves (through illness or accident).

Dr Godden encouraged people to discuss these issues with their GP.

More information can be found at the Division website <http://www.ccdgp.com.au> or by calling NSCCH Palliative Care team on 4336 7777

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