

Dying at home is a choice

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In 2013 the desire to die at home became a more realistic goal for Tasmanians as a project entitled hospice@HOME (h@H) commenced through Commonwealth funding to deliver "Better Access to Palliative Care". The project is a first in Australia and aims to ensure all Tasmanians who wish to die in their own home are supported and resourced to do so.

Tasmania is ideally situated to provide evidence based results and systems based approaches that can be replicated in other States and Territories. Tasmania has a dispersed population, rural and remote communities, and a high rate of people living alone with limited after hours and weekend support systems.

The project to date has delivered 600 packages of care and is aiming to deliver 2000 over the three year funding period. The delivery of care is through established organisations and h@H is identifying the current gaps in services that impede people achieving their wish to die at home. h@H aims to deliver a quality of life change to the care that can be delivered in the home when meeting that gap.

To deliver this in an evidenced based approach that can be replicated in the future h@H are capturing the qualitative and quantitative data to deliver a systems based approach. Data is captured through the electronic based Client Management System, Mortality Reviews and Collaborative Practice outcomes.

The project team is working with 25 organisations across Tasmania to deliver the in home care approach with care coordination a strong link to the delivery of consistent practices across the State. The main aim has been to shift the method delivery of care away from a 'clinical approach' to 'individual client driven care' thus providing a unique wraparound model of care with a focus on meeting the gaps in care and provisions required for in home palliation at end of life. The gaps identified vary from equipment, support workers, gardening, walking pets, cooked meals and clinical support after hours.

h@H are implementing a system and partnership approach which requires collaboration across varying health and care providers aimed to maintain the focus on the individual who inevitably has complicated issues and challenges. The project is about how to overcome these challenges and break down the silos that currently exist to achieve what an individual wants and be responsive, flexible and adaptable. h@H is delivering this outcome and is striving for the rest of Australia to learn and adapt from the journey.