

# Resources

Palliative Care Victoria has developed many useful resources to help people with a life-limiting illness, their carers and families understand how palliative care can support them and help them manage symptoms.

## Resources available to download and print

The following resources are also available under the [Families and Patients](#) section of this website.

- ◆ [Anorexia in illness](#)
- ◆ [Confusion and terminal restlessness](#)
- ◆ [Fatigue and exhaustion](#)
- ◆ [Nausea and vomiting](#)
- ◆ [Help for families and carers](#)
- ◆ [About pain and the help available](#)
- ◆ [The process of dying](#)
- ◆ [Supporting a person who needs palliative care](#)—a guide for families and friends

Resources in other community languages—bilingual brochures, audio and videos can be accessed from the [Community Languages](#) section of this website.

The order form for **free** bilingual brochures is located at the bottom of this webpage.

Languages include Arabic, Chinese (simplified and traditional), Croatian, Dutch, Greek, Hebrew, Hindi, Italian, Karen, Macedonian, Maltese, Polish, Russian, Serbian, Spanish, Turkish, Vietnamese, Yiddish and other languages are in progress.



**PalliativeCare**  
VICTORIA  
Living, dying & grieving well

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## Resources available to purchase

Some of these resources are available online as well as in hard copy. The below links will allow you to access further information and relevant order forms. Should you require smaller quantities please email your request to our office

- ◆ [Living, dying & grieving well – a guide to palliative care](#)  
Available to view online or order in hard copy (single or bulk quantities).
- ◆ [Supporting a person who needs palliative care – a guide for family and friends](#)  
Available to view online or order in hard copy (single or bulk quantities).
- [Understanding the Palliative Care Journey](#) - a guide for Aboriginal people  
Available to view online or order in hard copy
- ◆ [The Dreamers](#) on life, death and dreams  
An order form for The Dreamers is available from this page.
- ◆ [Volunteer Training Resource Kit 2020 \(VTRK\)](#)

