



A caring experience for all patients and their families

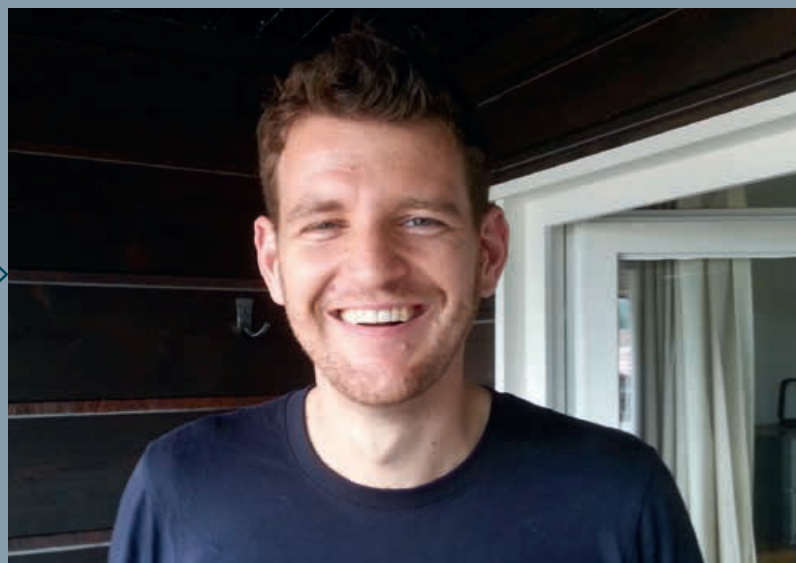
Commitment, compassion and professionalism are the hallmarks of the Caritas Christi experience as so wonderfully described in these stories.

“On 7 March 2018, at age 37, Ben Leske died peacefully at Caritas Christi surrounded by us all. In 2012, diagnosed with a brain tumour, he was determined to leave a positive and enduring legacy in music, gentle activism for those in need of a voice, and support for brain cancer research. His end of life stage was a sacred and beautiful experience - full of love, music, dance, and humour.

The commitment and professionalism of the palliative care staff was outstanding, encouraging us to do as we wished, to create a respectful, beautiful, calm space for Ben, along with performances from his many choirs. The surrounding gardens were balm also.

The Leske family and I will be forever grateful to Caritas Christi for carrying us with such love and care. Caritas became a beloved home to us all, a place of LIFE.”

– **Khang Chiem, Mike, Fran, Claire and Steve Leske**



Ben Leske

“Mum was always the vital figure in our house, the real ‘glue’ of our family. She had fought cancer for over 20 years and during most of that time had been able to have a really good quality of life. Eventually however, the oncology treatments no longer worked and for her last few weeks she was cared for at Caritas Christi.

It was hard for all of us knowing that Mum was nearing the end. However, we were reassured by the fact that she was not in pain, she was comfortable and the people looking after her were so experienced, caring and attentive.

We felt helpless knowing that there was nothing more we could do for Mum. But it made a very sad and difficult situation so much more bearable for us, knowing that in her last days, she was receiving the best care possible. As a family we were very grateful to everyone at Caritas for their expertise, commitment and support.”

– **A Caritas Christi patient’s family**

Palliative care research and training

St Vincent’s Health Australia leads the way nationally and internationally in the provision of palliative care, research and training. The demand for palliative care services is increasing exponentially as the population ages and people live longer with serious disease.

Internationally, evidence has shown that introducing palliative care services earlier in treatment can help patients live longer and vastly improve their quality of life. St Vincent’s has placed palliative care provision at the fore. We advocate for responsive, respectful care that addresses the needs of the whole person and their family caregivers.

The Centre for Palliative Care (CPC) at St Vincent’s is a national leader in research and training in the field. As well as undertaking vital research programs to assist government and organisations incorporate palliative care models, the Centre offers postgraduate courses, seminars, lectures, customised workshops and forums.

Demand for palliative care in Victoria

The demand for palliative and end of life care in Victoria is increasing at an average annual rate of four per cent. The State Government has identified that current service models are unsustainable and will not meet future demand.

Palliative care now needs to respond to an ageing population. It also needs to be provided alongside other treatments to better care for patients with complex needs, who are living longer with chronic illness.



Support Caritas Christi and palliative care today

For further information, please contact:

Lyn Amy, CEO
St Vincent’s Health Australia Foundation

Ground Floor, Rear 55 Victoria Parade,
Fitzroy, Victoria 3065

T: 03 9231 3465
M: 0417 158 953
E: lyn.amy@svha.org.au

www.stvfoundation.org.au



Building for the future of palliative care



Building for the future

Caritas Christi Hospice Kew

The Sisters of Charity sailed from Ireland to Australia in 1838 and established several hospitals and hospices, including St Vincent's Hospital Melbourne in 1893. In the 1930s, there was a shortage of beds at the hospital, leading to the early discharge of many homeless and terminally ill people. The Sisters responded to this urgent need by establishing the Caritas Christi hospice in Kew in 1938.

Caritas has always been renowned for its beautiful gardens and superb views, providing peace and calm to residents at a very vulnerable time.

Palliative Care at St Vincent's

St Vincent's is a leader in the area of palliative care nationally, including through our clinical care and training research arms.

Palliative Care is the specialised holistic healthcare for people with serious long term complex healthcare needs as well as for those who are terminally ill. The aim is to improve quality of life and to support family members and carers. This includes attending to the physical, psychological, social, spiritual and cultural needs that are unique to each person and family.

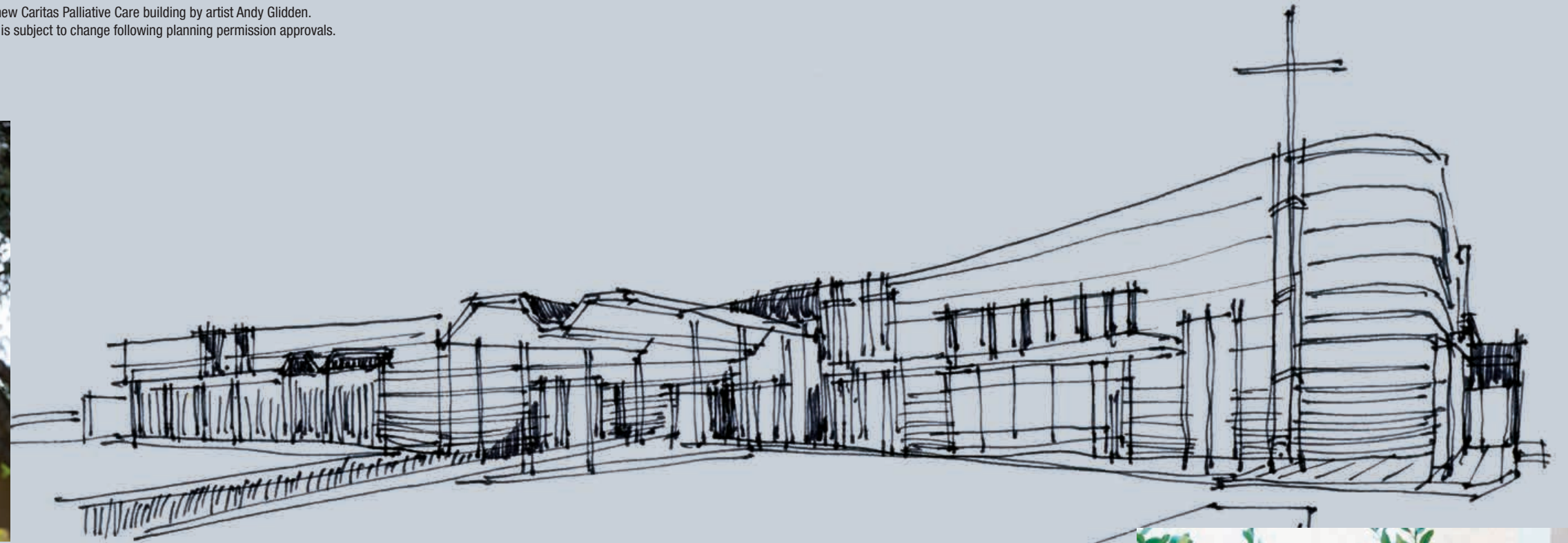
Caritas Christi today

Today, Caritas Christi is the largest and best-known provider of palliative and supportive care in Victoria. It is considered a centre of excellence in its field.

Statewide access is provided to our links with other services. In addition, there are strong academic links to research services and training for palliative care health professionals in palliative care. There are over 100 staff at Caritas, providing care to patients at the hospice, through the day centre facilities, and in the home.



Drawing of the new Caritas Palliative Care building by artist Andy Glidden. The final design is subject to change following planning permission approvals.



The redevelopment of Caritas Christi

Due to increasing demand for palliative care services at Caritas Christi and ageing infrastructure, there is now an urgent need to rebuild on the site. This will ensure that the needs of our patients and their families can be properly met.

The proposed redevelopment of Caritas Christi

For some palliative patients, their experience at Caritas Christi is their last. The new environment is designed to promote a sense of welcoming, calm, and emotional safety. It is spacious, taking advantage of natural light, fresh air and peaceful surroundings.

The proposed redevelopment of our hospice in Kew will provide the physical environment for St Vincent's to showcase this vision of excellence. The redeveloped palliative care services offered at Caritas site will include:

- A 26-bed capacity inpatient facility, consultancy services, ambulatory care hub, education, training and research, and after hours triage
- A greater capacity for our hospital-based palliative care service, through collaboration with community-based services, to improve discharge planning for critically ill patients
- Sustainable design using rain gardens, solar panels, and well-placed windows
- Direct access to a private garden from every room.

Concept for the Care Hub

The proposed Care Hub will have:

- A specific area with consulting rooms, patient resources, a gymnasium, massage therapy room and day hospice
- Telehealth facilities in the consulting rooms to enable access to remotely-located GPs, other specialists and nurse practitioners
- Pre- and post-admission medical evaluation, symptom control and advance care planning
- Allied health, social work, psychological/psychoncology planning and assessments
- Improved community access and connection with specialist services.



"I have had a very long association with the St Vincent's hospice Caritas Christi. It is an organisation and a service close to my heart.

"I am delighted that through Caritas Christi, we are able to provide the very best services and support to patients and their families, at a very important and vulnerable time.

"After many decades providing wonderful hospice care, it is now time for us to rebuild Caritas Christi. We need to ensure that our facilities can keep up with the times and provide a level of comfort and convenience that our patients need and so richly deserve.

"I hope you will join us on the journey."

– Sir James Gobbo AC, CVO, QC
Former Governor of Victoria
Patron, Caritas Christi Campaign