

Media Release



MONDAY 18 JULY, 2022

EASTERN PALLIATIVE CARE ASSOCIATED INC. (EPC) ANNOUNCES THE LAUNCH OF THEIR FIRST FUN RUN – POUND THE PAVEMENT 4 EPC – Sunday 9 October, 2022

TODAY EPC LAUNCHES THE ‘STAY AT HOME APPEAL’ TO HELP COVER THE GAP BETWEEN STATE GOVERNMENT FUNDING AND THE ACTUAL COST OF PROVIDING COMMUNITY PALLIATIVE CARE AT HOME.

AS VICTORIA’S LARGEST COMMUNITY PALLIATIVE CARE PROVIDER, EPC HAS EXPERIENCED UNPRECEDENTED DEMAND FOR IT’S SERVICES OVER THE LAST 3 YEARS, AS THOSE WITH TERMINAL CONDITIONS SEEK TO AVOID GOING TO HOSPITAL.

EPC provides palliative care at home across 7 LGA’s, in the Eastern Region of Melbourne. EPC cares for more than 2,000 clients annually. Clients and their carers receive a range of medical, nursing and allied health support, including extensive volunteer and bereavement programs.

Currently EPC is caring for approximately 520 clients. The Victorian State Government recurrent funding to EPC has not increased in the last 3 years, despite our client numbers increasing by 250% over this period.

EPC is proud to announce the creation of their first ever fun run to raise funds to go towards the most necessary services needed to care for clients at home, and to die at home if that is their wish. Our target amount is \$20K from this fundraiser. We hope to well exceed this figure.

POUND THE PAVEMENT 4 EPC is on **Sunday 9 October, 2022** at **Lillydale Lake, Lilydale**. It is a 5km walk/jog followed by an informal community celebration at the Lillydale Lake Community Room and parkland area.

For more information, register and fundraise for the event or make a donation go to www.epc.asn.au/events

PHOTO/STORY OPPORTUNITIES AVAILABLE - INCLUDING BEREAVED CARERS

Peita Carroll – Manager of Human Resources, Communications and Volunteer Services – Available for comment
Rob and Annree - Bereaved carers – Available for interview. See below for their personal story and image.

Media Contact

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Rob Ormsby's Story:

Our 6-month journey of caring for my Mum Krystyna, from her diagnosis of late-stage cancer, to fulfilling her wishes of passing surrounded by family in our home, quite simply would not have been possible without the unwavering support and guidance from the Eastern Palliative Care (EPC) team.

Our decision to engage and embrace Eastern Palliative Care's Stay at Home Program early and fully, was in hindsight the single smartest thing we did. EPC built trust and rapport early with us, so when we were really tested, they had our back. Having never been through the rigours of being full time carers, the statement 'we didn't know what we didn't know' about the layers of emotional and practical complexity involved is an understatement.



From the very beginning, EPC provided committed, professional, and heartfelt services and support. The nurses guided us with compassion and understanding, navigating Mum's personal needs and fears, along with the family dynamics throughout the 'phases' of the illness up to her dignified, peaceful death at home. In the latter stages of the illness, nurses were available to stay overnight, providing much needed respite from our broken sleep fatigue, enabling us to stay as clear and healthy as possible. They were available during crisis moments at any time, and this gave me the confidence to care for Mum in the right way, with minimal stress for her.

The family support staff from EPC also proved to be hugely important to us. They empathised, shared knowledge, and counselled us with a depth of emotional and mental support that helped us find levels of peace and acceptance during a very trying time.

EPC were able to provide experts with timely advice on vital practicalities such as the Occupational Therapist who was there to show us what we needed, and where to source it, for Mum's safety with the right bed, bathroom fit out, and mobility equipment that became daily necessities as the illness progressed.

All the EPC staff were proactive, available, and importantly seamless communicators with us, and organisationally, so regardless of which person came, they were fully informed and armed with knowledge about what they must have known I was going to ask next!

At the heart of what they did for us, was to gift their knowledge and wisdom, giving us the confidence to honour Mum's wishes, and to just be with her, at home with those she loved.

I am and will be eternally grateful to them. Remember, when cancer strikes, you don't need to know it all now, the road will reveal itself. But my advice for what it's worth, is don't hesitate, embrace palliative care services early, and let these wonderful professionals light the way.

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