



# Media Release

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## Technology helping to create connection in communities

**Palliative Care Australia (PCA) has entered the testing phase of an app which focuses on building a caring community around people with life-limiting illnesses thanks to funding from nib foundation.**

The app, which was made possible by a \$50,000 community grant from nib foundation, will allow the carers, families and friends to create a community of care to support the person as they approach the end of their life.

PCA CEO Liz Callaghan, said that many people with life-limiting illnesses receive care at home and carers can often be unsupported and isolated when there is no network of care.

“This smartphone app will allow primary carers, family members and friends of people who are sick to create a community of care based on specific needs,” Ms Callaghan said.

“It could be anything from providing a meal, washing the dishes, mowing the lawn or taking the pets out for a walk.”

Ms Callaghan said the problem is compounded by the fact that carers are either unsure of, or don't like to how to ask for help, and people are unsure of how to help.

“This app provides an easy and practical way for carers to communicate the help that is needed by using a simple and coordinated channel for family and friends to respond. It also allows community members to identify how the patient and carers are feeling, what they actually need done and whether they would like visitors,” Ms Callaghan said.

nib foundation Executive Officer, Amy Tribe, said that funding programs that provide carers with the additional support and resources they need to improve their own lives is a core focus of the foundation and they were proud to help PCA support carers.

“The dedication that carers have to helping others often leads to significant personal challenges and can affect their mental health,” said Ms Tribe.

“They often experience feelings of isolation, become stressed or depressed and lack the time to maintain their own physical and mental health.

“By facilitating this new app and helping PCA support carers of people with a life-limiting illness we are allowing carers to share their workload with family and friends so that they can focus on what's important to them.”

The app is currently undergoing a beta testing phase with focus groups of carers, and is set to be launched at the Australian Palliative Care Conference in September.

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[palliativecare.org.au](http://palliativecare.org.au)

