

Time is Precious Program

Advance Care Planning & End of Life
Care in Community



About us

Time is Precious Program (TIPP)

The **Time is Precious Program (TIPP)** is a community health service that supports people who have a life-limiting illness in the last 12 months of their life. We also support families and carers.

Our goal is to help you feel:

- Supported
- Comfortable
- Informed
- Cared for

We help you receive care at home or in the community.



How we can help

Advance Care Planning & Advance Care Directives

This means talking about:

- what matters to you most, and
- what care you want in the future



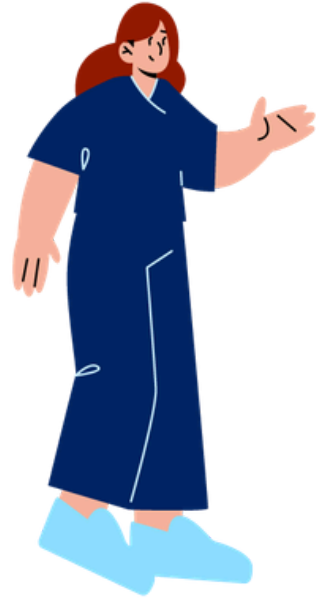
We can write these down in a plan.

This is called an Advance Care Directive.

Symptom Management

We can work with you and your doctors to help you feel as well as possible. This includes:

- pain
- breathlessness
- fatigue (feeling very tired)
- discomfort



Functional Assessment

This means checking how you are doing with your daily tasks. For example, getting dressed, showering and moving around safely. It helps the team decide what supports or equipment you may need.

Psychosocial Support

We understand that your wellbeing is more than just your health condition. Psychosocial supports means helping with your emotional, social and practical needs.

For example:

- talking about what is important to you
- supporting your family and carers
- connecting you with services that help
- support to family and carers after the loss of your loved one

Our team

We are a health care team made up of:

Nursing

We can support you and your family during the last 12 months of life. We can help you manage your symptoms, stay comfortable and talk to you about your care options.



Occupational Therapist

We can offer equipment that makes day to day tasks easier and helpful tips to help you stay safe at home.



Social Work

We are here to listen to your needs. We will work with you and your family to find the right supports and help you plan ahead.



Clinician Name: _____

Contact Number: _____

Email: SWSLHD-Community-TIPP@health.nsw.gov.au