

Palliative Care at Home



UHN



What is Palliative Care?

Palliative care helps you and your loved ones improve your quality of life when facing problems relating to life-threatening illness. The goal of palliative care is to prevent and ease suffering, whether it is due to pain or any other symptoms. It is offered to people of every age and at any point in their illness.

The Palliative Care team offers a broad range of services. All of these services have the shared goal of relieving suffering and helping you and your family to have the best quality of life possible.

What is the Role of the Palliative Care Team at Home?

The Palliative Care team will work with you and your family to meet your physical, emotional, and spiritual needs. The palliative care team can help you and your family with your needs, expectations, hopes and fears.

Who is Part of the Palliative Care Team at Home?

- a) You and your loved ones are key members
- b) Community Care Access Centre (CCAC)

The CCAC has a home care program that helps to arrange supports to meet your needs. To access CCAC service, you may need a referral from your doctor or you can contact your local CCAC office for more information. When the referral is made, you will be given a case coordinator who will organize your services. The types of services that are available through the CCAC are listed below. Please note availability of services depends on where you live.

This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

© 2011 University Health Network. All rights reserved.

Author: Palliative Care Team

Created: 04/2005

Form: D-3398 (05/2011)



University Health Network
Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

- Nursing Care
- Personal Support
- Physiotherapy
- Occupational Therapy
- Speech-language Therapy
- Social Work
- Nutritional Counseling
- Medical Supplies and Equipment
- Doctor specializing in Palliative Care

What is Hospice Care?

Hospice care is a special way to care for you and your family. Hospice care helps you and your loved ones maintain dignity and quality of life either at home or in a care facility.

Hospice care can offer...

- Support and caregiver relief
- Complementary therapies
- A liaison to other community support programs
- Transportation
- Friendly visiting by trained volunteers
- Some communities also have residential hospices

How to Get Hospice Care?

Anyone can call to get hospice care.

Self-referrals are accepted. You may use a combination of both CCAC and hospice care.

Hospice Association of Ontario

1 (800) 349-3111

<http://www.hospice.on.ca/>

Other Community Services (some services at a Cost)

- Home Oxygen
- Transportation Services
- Meal Delivery Programs
- Complementary Therapies
- Homemaking and Home Help
- Caregiver Relief
- Friendly Visiting
- Adult Day Programs

What happens if I am unable to stay home?

Depending on your area, there are Hospices or Palliative Care units. These are both for short and longer term use.

Speak with your palliative care team for more information.

Resources for Palliative Care

www.caringvoices.ca

www.caringtotheend.ca