

WHAT IS PALLIATIVE CARE?

Palliative Care is a team approach that:

Improves the quality of life of patients, families, and their caregivers facing the problems associated with a progressive life-limiting illness.

Offers a support system to help patients live as actively as possible until death.

Promotes opportunities for meaningful experiences and personal and spiritual growth as one prepares for dying and death.

Strives to help patients and families cope with end of life issues with dignity and compassion.



PALLIATIVE SERVICES:

Pain Management:

Health care providers work with patients, their families, and caregivers to assess causes of pain and ways to manage it.

Symptom Management:

Assess symptoms such as nausea, constipation, difficulty breathing, etc and find ways to help manage it

Social, psychological, emotional, and spiritual support:

This includes, but is not limited to addressing depression, anxiety, fears, stress, isolation, financial concerns, facilitating difficult conversations, and health care directives.

Family and caregiver support:

Being a caregiver can be physically and emotionally stressful. The palliative care team will provide you with tools and support to help you care for your loved one

Bereavement:

The death of a loved one can bring on many emotions. Palliative care services will support your individual needs throughout your grieving journey.

Other Supports:

Access to necessary equipment and connections to other services.

PALLIATIVE CARE TEAM

Palliative care is best provided by a team of health care professionals depending on the needs and preferences of the patient, families, and caregivers. Together with the patient, families, and caregivers, the team consists of the following health care professionals on a needs basis:

Home Care

Physicians

Pharmacists

Social Work/Patient Counsellors

Spiritual Care

Nurses

Occupational Therapists

Palliative Care Coordinators

Speech and Language Pathologists

Physical Therapists

Dietitians

Please contact a Palliative Care Coordinator or your local Home Care office for more information regarding:

Volunteering: Volunteers are needed; training is necessary and will be provided

Donations: Donations to Palliative Care are appreciated by patients, families and staff. Donations provide comfort furnishings, bereavement support, education and needed resources. Donations can be specified or general.

"You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die." - Cicely Saunders



TO ACCESS SERVICES

Contact:

A Regional Palliative Care Coordinator at:

306-842-8206 (Weyburn Office)

OR

306-637-3636 (Estevan Office)

OR

your local Home Care office

Arcola: 306-455-2116

Estevan: 306-637-3630

Weyburn: 306-842-6870

www.suncountry.sk.ca



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Palliative Care Services

Have You Been Diagnosed With A Progressive, Life Limiting Illness?

End-stage Kidney Disease,
Chronic Obstructive Pulmonary Disorder (COPD)
Cancer, HIV/AIDS
Congestive Heart Failure,
Multiple Sclerosis,
Parkinson's Disease,
Dementia,
Amyotrophic Lateral Sclerosis (Lou Gehrigs)
Cystic Fibrosis,
Liver Disease, Stroke