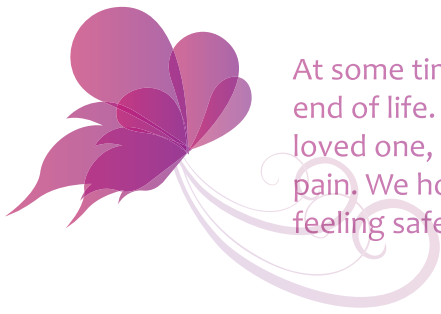




# Palliative Care

*A philosophy  
of care*



At some time, in some way, we must all face the end of life. And when death comes to us or to a loved one, we hope it will be peaceful and free of pain. We hope to be surrounded by those we love, feeling safe, comfortable and cared for.

## **Palliative Care**

- is a type of health care for patients and families facing life-threatening illness
- helps patients achieve the best possible quality of life right up until the end of life.

## **Regional Palliative Care Team**

- is a community-based team, consisting of trained professionals who help meet the specific needs you and your loved ones require during this time, whether at home, in hospital or in a long term care facility
- includes physicians, nurses and a social worker

## **We can help you access:**

- specialized pain and symptom management services
- the home care program which offers in-home personal care and nursing services and some specialized equipment and supplies
- spiritual care
- trained volunteers
- available programs to support end of life needs for patients and families.

## **How to access our services:**

- you can refer yourself by contacting us at the information below; or
- you can speak with your physician or nurse about a referral.

**This publication is available in alternate format upon request.**

**Southern Health-Santé Sud**

**PALLIATIVE CARE PROGRAM**

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