
How do I get palliative care?

Speak to your health care provider if you think you might benefit from palliative care.

Additional information may also be found on, but not limited to, the following websites:

Canadian Hospice Palliative Care Association:
www.chpca.net

Carpenter Hospice: 905-631-9994
www.thecarpenterhospice.com

**Home and Community Care
Mississauga Halton LHIN:** 905-855-9090
www.mississaugahaltonlhinc.on.ca

Hospice Palliative Care Ontario:
www.hpco.ca

Ian Anderson House: 905-337-8004
www.ianandersonhouse.com

**Mississauga Halton Central West
Regional Cancer Program:**
www.mhccwrcancer.ca

**Mississauga Halton Palliative
Care Network:**
www.mhpcn.net

Speak Up Ontario:
www.speakupontario.ca

Virtual Hospice:
www.virtualhospice.ca

“Is there anything I can do to help the palliative care team?”

We understand that compassionate palliative care touches the lives of families and friends. Families choose to express their gratitude in many ways. If you would like to learn about various ways of expressing your gratitude please call:

In Oakville: Tenley Soares
905-845-2571 Ext **6384**

In Milton: Andrea Cayer
905-845-2571 Ext **7172**

In Georgetown: Jennifer McNally
905-845-2571 Ext **8241**

Georgetown Hospital
1 Princess Anne Drive
Georgetown, L7G 2B8
905-873-0111

Milton District Hospital
725 Bronte Street South
Milton, L9T 9K1
905-878-2383

Oakville Trafalgar Memorial Hospital
3001 Hospital Gate
Oakville, L6M 0L8
905-845-2571



**Palliative Care:
It's more than
you think**



What is palliative care?

Palliative care is aimed at relieving suffering and improving the quality of life for persons who are living with, or dying from, advanced illness or are bereaved. It promotes comfort and dignity for the person living with the illness as well as the best quality of life for this person and family. It does not seek to hasten death or artificially prolong life.

The goal of palliative care is to:

- Identify symptoms early and provide relief for physical symptoms such as pain or shortness of breath
- Offer support for psychological, social and spiritual needs of the patient and the family
- Help patients and their families identify what is important to them and plan for and cope with changes
- Provide guidance to make decisions about future care

Who needs palliative care?

Any person living with a chronic or life threatening illness can benefit from palliative care.

When do I need palliative care?

Palliative care can happen at any time with an advanced illness.

Palliative care works together with treatments that are used to reduce or control your illness. It may become the main focus of your care when there are no more treatments to control the progress of your illness.

Where can I receive palliative care?

In all settings which includes home, hospital, hospice, retirement home and long-term care.

Who provides palliative care?

A palliative approach to care is simply good care. Many health care providers contribute to palliative care depending on the needs of the patient and family. This may include all members of your healthcare team (physicians, nurses, allied health) as well as volunteers, spiritual care and other members of your community.

What does a palliative care team do?

A palliative care team aims to get to know the patient and their caregivers, and what is important to them.

They work in partnership with the healthcare team to suggest care plans to relieve symptoms, provide support, and help with planning for the future.
