How do I get palliative care?

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

Please note that Hospice Georgian Triangle provides information and a range of services including community support, grief and bereavement, legacy work, visiting volunteers and support groups for patients and their families.

You can also find information about palliative care by scanning the QR code below. Select the "Palliative Care" option in the search directory and add your geographical information to find services close to you.

Scan the QR Code:

Or call 2-1-1

SOUTH GEORGIAN BAY ONTARIO HEALTH TEAM

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SOUTH GEORGIAN BAY ONTARIO HEALTH TEAM

Palliative Care: It's not what you think

"Adapted from the Trillium Health Partner's Palliative Care: It's not what you think".

PALLIATIVE CARE: IT'S NOT WHAT YOU THINK

What is palliative care?

Palliative care is a type of care that helps to improve the quality of life for patients and their families who are living with an advanced illness. This approach to care promotes comfort and provides support to patients and their families.

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 assistance to make decisions about future health care

Who needs palliative care?

Any person living with a life limiting 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.

What is advance care planning?

Advance care planning can help you make decisions about your health now and in the future.

- Think about what is important to you.
- Learn about the care you want.
- Choose your Substitute Decision Maker.
- Share your documents and wishes with the people you trust.
- Record your preferences and decision makers.

Visit advancecareplanning.ca to get started.

Who gives 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 a family doctor, specialists, nurses, social workers, palliative care team, home care providers, spiritual care providers such as chaplains or other health care workers, and volunteers.

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 your health care team to meet your physical, emotional, and spiritual needs of you, your family, and caregivers.

The team may suggest care plans to relieve symptoms, provide support, and help with planning for the future.