

How do I get palliative care?

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

You can also find information about palliative care on the following websites. Please note the listed hospices provide information as well as a range of services including home support and health and wellness activities for patients and their families.

- Cancer Care Ontario
www.cancercare.on.ca/pcs/palliative
- Wellspring
www.wellspring.ca
- Community Care Access Centre
www.healthcareathome.ca
- Canadian Virtual Hospice
www.virtualhospice.ca
- Dorothy Ley Hospice
www.dlhospice.org
- Heart House Hospice
www.hearthousehospice.com
- Canadian Hospice Palliative Care Association - FAQs
www.chpca.net/family-caregivers/faqs.aspx



Mississauga Halton Central
West Regional Cancer Program
in partnership with Cancer Care Ontario



Credit Valley Hospital
2200 Eglinton Avenue West
Mississauga ON L5M 2N1
T: (905) 813-2200

Mississauga Hospital
100 Queensway West
Mississauga ON L5B 1B8
T: (905) 848-7100

Queensway Health Centre
150 Sherway Drive
Toronto ON M9C 1A5
T: (416) 259-6671



A new kind of health care
for a healthier community



Palliative Care:
It's not what you think



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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.

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