

HOW DOES PALLIATIVE CARE FIT WITH TREATMENT?

Palliative care does not replace your treatment; it works with your treatment to prevent and ease suffering and to improve your quality of life.

WHO PROVIDES PALLIATIVE CARE?

It's a team approach with your family physician and nurses, and may involve specialists, other home care services and hospice volunteers, depending on the needs of the patient and family.

WHY ARE GOALS OF CARE IMPORTANT?

Establishing your goals of care enables care providers to align your care and treatment with what is most important to you. This can improve your quality of life and death.

Value in an Early Palliative Approach

- Better pain & symptom management
- Longer life expectancy in some cases
- Improved quality of life for both patient and family
- Enhanced emotional wellbeing
- Improved quality of death
- Better bereavement

Do you, or does someone close to you, have a life-limiting illness and...

- ☐ Have symptoms that impact your activity level or quality of life?
- ☐ Experience any difficult side effects from treatment?
- ☐ Need help making medical decisions about treatment options?
- ☐ Need help coping with the stress of a life-threatening illness?

If you answer yes to any of these questions, palliative care might be helpful.

Contact your family doctor or other health care provider to talk about how palliative care can make a difference for you and your family.

Sunshine Coast Hospice has a number of resources to support you.

RESOURCES

coasthospice.com/acp
Green Sleeve and Advanced Care Planning

www.virtualhospice.ca
Canadian Virtual Hospice

theconversationproject.org
Support to talk about end-of-life wishes

nidus.ca
Personal planning resources

peopleslawschool.ca
Personal and estate planning resources

bc-cpc.ca
BC Centre for Palliative Care



Palliative Care Support on the Sunshine Coast

Planning for the future and living well for as long as possible



Sunshine Coast
Division of Family Practice
A GPSC Initiative

SharedCare
Partners for Patients

Vancouver Coastal Health
Promoting wellness. Ensuring care.

Sunshine Coast Hospice Society
Compassionate Care

Sunshine Coast greensleeve
ADVANCE CARE PLAN

PENDER HARBOUR HEALTH CENTRE



Palliative care aims to reduce suffering and improve the quality of life for people living with a serious illness. It can be provided along with other treatment and offered in a range of settings, including at home, in a care facility, hospital, or hospice.

The person receiving palliative care, and their family, are at the centre of decision making, so their values and wishes are included in decisions.

When a person approaches end of life, palliative care becomes increasingly important to ensure quality of life for both the patient and their family, and coordinated care and symptom management.

Serious illnesses can include diseases such as cancer, dementia, motor-neuron disease, end-stage kidney or lung disease, heart disease, and stroke.

From BC Centre for Palliative Care

