



## Helpful Hospice Resources for You and Your Family

There are many resources that you may find helpful. Here are some that we recommend.

- [www.virtualhospice.ca](http://www.virtualhospice.ca)

The Canadian Virtual Hospice offers information and support for people dealing with life threatening illness and loss. You can find materials in the **Topics** section on symptoms, providing care, emotional and spiritual health, communication, decisions, financial assistance, and final days.



- [www.stlazarus.ca/acaregiversguide](http://www.stlazarus.ca/acaregiversguide)

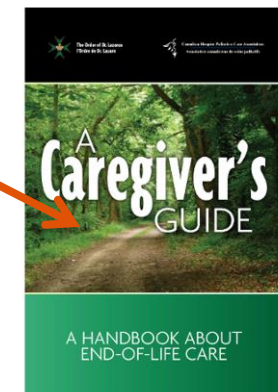
The Order of Saint Lazarus and the Canadian Hospice Palliative Care

Association have created **A Caregiver's Guide: a Handbook about End of Life Care**. It has practical information about giving care along with symptom care as life ends.

Click on the front cover image to access the online version or email them to order a paper copy.



A Caregiver's Guide, A Handbook About End-of-life Care



A Caregiver's Guide is a joint initiative of the Order of Saint Lazarus in Canada and the Canadian Hospice Palliative Care Association. A Caregiver's Guide was created to provide information for family caregivers to draw upon when preparing and caring for a loved one who has a progressive illness, especially at home. It was developed to complement resources and information provided to caregivers by healthcare professionals, including hospice palliative care teams.

A Caregiver's Guide's content builds on the knowledge, practice, insight and invaluable experiences of various seasoned hospice palliative care professionals from across Canada, incorporating their feedback and the lived experiences of supporting caregivers. This handbook provides specific information about planning ahead, preparing to be a caregiver, dealing with a progressive diagnosis, giving physical care, caring for physical problems, what to expect in the final days, and grieving.

To get the most from this guide, please feel free to read it at your own pace, consulting specific topics when you require guidance and support. Remember that if there is something you do not understand or if you need clarification, consult your healthcare team. If you intend to read the whole book at once, please understand that not all parts may, or will, apply to your particular situation. Each person is unique and may experience an illness and its progression in a different way.

Hospice Palliative Care organizations may order A Caregiver's Guide from the Canadian Hospice Palliative Care Association Marketplace in boxed quantities of 50 copies (\$150/box, not-for-profit) and \$250/box (for-profit). Individual copies can be ordered directly from the Order of Saint Lazarus from the Chancery's Office via email request with: [chancery@stlazarus.ca](mailto:chancery@stlazarus.ca)

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Contact your local Hospice Society to speak to a volunteer or counsellor for support or to borrow a book from their lending library.

## Local Hospice Societies

### Abbotsford Hospice Society

Phone: 604-852-2456

[www.abbotsfordhospice.org](http://www.abbotsfordhospice.org)

### Langley Hospice Society

Phone: 604 530-1115

[www.langleyhospice.com](http://www.langleyhospice.com)

### Burnaby Hospice Society

Phone: 604-520-5087

<http://www.burnabyhospice.org>

### Mission Hospice Society

Phone: 604-826-2235

[www.missionhospice.bc.ca](http://www.missionhospice.bc.ca)

### Chilliwack Hospice Society

Phone: 604-795-4660

[www.chilliwackhospice.org](http://www.chilliwackhospice.org)

### Ridge Meadows Hospice Society

Phone: 604-463-7722

[www.ridgemeadowshospicesociety.com](http://www.ridgemeadowshospicesociety.com)

### Crossroads Hospice Society

Phone: 604-945-0606

[www.crossroadshospice.bc.ca](http://www.crossroadshospice.bc.ca)

### Surrey Hospice Society

Phone: 604-584-7006

[www.surreyhospice.com](http://www.surreyhospice.com)

### Delta Hospice Society

Phone: 604-948-0660

[www.deltahospice.org](http://www.deltahospice.org)

### White Rock Hospice Society

Phone: 604-531-7484

[www.whiterockhospice.org](http://www.whiterockhospice.org)

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How to download QR Code software to your phone or tablet

1. Open your mobile app store (App Store, Google Play, Windows Marketplace, etc.)
2. Search for **QR code readers**.
3. Download one of the **QR code reader** apps, open it and you are ready to go.



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[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.