

Where can palliative care services be provided?

Palliative care can be provided where the person and their family wants, whenever possible.

A palliative care team can directly give you care in a:

- Specialized palliative unit called a Palliative Complex Care Unit (PCCU)
- hospice: a home-like environment where end-of-life care can be provided

Palliative care consultations can be provided at:

- Home
- Long Term Care
- Hospital: patients can ask for a palliative consult from any hospital unit and a team member will come and see you

Portions of this brochure have been adapted from 'Palliative Care - St. Paul's Hospital (Nov-10)' with permission from Providence Health Care.

www.fraserhealth.ca

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

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To order visit: patienteduc.fraserhealth.ca

Palliative Care Services

Delta



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Palliative Care Services
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Palliative Care Consultation

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What is palliative care?

Palliative care is both a service and an approach to care. This brochure gives a brief outline of the supports and services offered by the Palliative Care Services in Fraser Health.

The aims of palliative care are:

- to relieve suffering
- to improve the quality of living and dying
- to value life and accept death as a normal process
- to neither hurry death nor prolong suffering
- to work with you and your family to develop a plan of care that reflect your values, needs, and goals
- to provide you and your family physical, emotional, spiritual, and practical support

‘Your family’ is anyone who you feel is important to you, whether or not they are related to you.

Who is part of the care team?

Our team includes doctors, nurses, social workers, pharmacists, spiritual care practitioners, and volunteers who all specialize in palliative care. We work with you, your family, and your caregivers (including your family doctor) to provide care to you in your home, any Fraser Health hospital, hospice, or palliative care unit.

What services do we provide?

- Personal care if you find it hard to manage by yourself
- Treatment for your physical symptoms such as pain or constipation
- Help you to cope with emotions such as sadness, anxiety, fear, and grief
- Help with deciding about your care and what is important to you
- Help you decide on the best place for you to receive care
- Help obtaining some medical equipment and supplies if needed
- Refer you to the hospice society for support services

Who can use these services?

These services are for anyone living with an illness that is no longer curable and who is in their last few months of life.

To access these services:

- You are referred by your doctor or nurse practitioner.
- You live in the Fraser Health region.
- You are 19 years of age or older.

Is there a cost for palliative care services?

Some services do have a cost, if you are concerned about the cost of services please contact our healthcare team and ask questions.

How do you get this service?

A doctor, nurse practitioner, nurse, or other healthcare professional refers you to palliative care services. If you feel you would like our supports and services, talk to your doctor.

For more information call the number on the front of this brochure. Or on the web, go to fraserhealth.ca. Choose the ‘Location and Services’ tab, pick ‘p’ and then ‘Palliative Care Consultation’ from the menu.