

## Where can hospice 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 Tertiary Hospice Palliative Care Unit (THPCU)
- In a hospice residence: a home-like environment where end-of-life care can be provided

Palliative care consultations can be provided at:

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



*Mission Hospice Society*  
... when time matters most

### We partner with the Hospice Society in your community

Hospice societies are community based, non-profit organizations that provide supportive services to individuals and their families in the community.

Their services can include:

- emotional support
- counselling
- grief and loss (bereavement) support
- volunteer visiting
- lending libraries

604-826-2235

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

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

Print Shop #264041 (April 2013)

## Hospice Palliative Care Supports and Services

### Mission



### Fraser Health Hospice Palliative Care Program

#### Mission

**604-870-7522**

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

> Your Care > Hospice Palliative Care

 **fraserhealth** Better health.  
Best in health care.

## What is hospice palliative care?

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

The aims of hospice 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 residence, 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 our doctor or nurse practitioner.
- You live in the Fraser Health region.
- You are 19 years of age or older.

## Is there a cost for hospice 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 hospice 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 [www.fraserhealth.ca](http://www.fraserhealth.ca). Choose the 'Your Care' tab then pick 'Hospice Palliative Care' from the dropdown menu.