

Your Care in Assisted Living



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A Palliative Approach



How can we help?

In Assisted Living, our goal is to help you live independently and comfortably. We give the best care we can to meet your needs. We use a palliative approach (say *pal-ya-tiv up-roach*) when we give you care.

What is a palliative approach to care?

This approach means we care for you in ways that respect what you want from your care, called your goals of care.

A palliative approach to your care helps you have the best quality of life possible. This means we help you live as well as possible for as long as possible.

A palliative approach aims to make you as comfortable as possible by managing your pain and other conditions that cause discomfort. It also helps you manage your mental and spiritual health.

When we use a palliative approach, some people choose to continue medical care for their illness. Medical care can include antibiotics, chemotherapy, and surgery.

A palliative approach to care can start soon after hearing you have a life-limiting illness, such as heart disease, lung disease, or cancer. We continue this approach to the end of life.

How do we use a palliative approach to care in Assisted Living?

It is best to start a palliative approach to care as early as possible. Each person and situation is different. It is hard to know how long you can live with your illness, so it is good to plan ahead.

We use a palliative approach to care by learning more about you and sharing what to expect from your illness. These conversations help you and your family make the best decisions for you and your care.

What you want from your care might change over time. This is normal. We continue to have these conversations with you and answer your questions. You can expect us to ask these questions:

- What makes you happy?
- What gives you comfort?
- What is important to you about your health?
- Who do you want to involve to help you?
- What do you want to know about your illness?
- What medical care do you want?
- What medical care do you not want?

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

What more can you expect from us?

You can expect us to do all of these things:

- Work with you and your family to make a plan of care that reflects your values, needs, and goals for health care. This is called advance care planning.
- Help you take part in your favourite activities.
- Talk with you about different ways to stay safe, such as how to reduce your risk of falling.
- Check that you take only the medicines you need.
- Check that you get only the treatments you need and want.
- Treat your pain and other conditions, such as trouble breathing (also called shortness of breath).
- Refer you to others who can offer more spiritual and social support for you and your family.



Photo by Tristan Le from Pexels

How can you help?

We ask you to do all of these things:

- Tell us what makes you happy.
- Tell us what gives you comfort.
- Tell us what is important to you.
- Tell us who you want to involve to help you.
- Tell us your wishes and fears.
- Ask us what to expect with your illness.
- Ask us about your care and treatments.
- Take part in the activities that you enjoy.

How can your family and friends help?

If you agree, your family and friends are welcome to take part in your care. They can do all of these things:

- Help us give you care that respects your values, needs, and goals for health care.
- Help you share what is important to you. This helps us give you the care that you want.
- Ask us about other ways they can take part in your care.

Note to family and friends:

Your health is important too. You might feel overwhelmed and stressed. If you agree, we check on you and offer our help so you can continue to provide support. We invite you to ask us questions and tell us you need help.

Where can you find more information?

To learn more about programs, services, and resources to help care for seniors in Fraser Health:



Scan this QR code

Visit: fraserhealth.ca

Select *Health topics*.

Select *Seniors*.

To learn more about advance care planning:



Scan this QR code

Visit: fraserhealth.ca/acp

Phone: 1-877-825-5034

Email: advancecareplanning@fraserhealth.ca

To learn more about the Alzheimer Society of Canada:



Scan this QR code

Visit: alzheimer.ca

Phone: 604-681-6530

To learn more about Family Caregivers of BC:



Scan this QR code

Visit: familycaregiversbc.ca

Phone: 1-877-520-3267

To learn more about the BC Bereavement Helpline:



Scan this QR code

Visit: bcbh.ca

Phone: 604-738-9950

To learn more about the Canadian Virtual Hospice:



Scan this QR code

Visit: virtualhospice.ca

www.fraserhealth.ca

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