

WHAT IS PALLIATIVE CARE?

PALLIATIVE CARE:

- Improves the quality of life of the patient and their family
- Is of assistance at any stage of a life threatening illness
- Prevents and relieves suffering



FOUR PILLARS OF PALLIATIVE CARE

PHYSICAL

Relieve pain and physical suffering



EMOTIONAL

Help with anxiety and depression



SPIRITUAL

Bringing peace and placing importance on meaning / value of life



SOCIAL

Helping mend relationships at the end of life

THE PALLIATIVE APPROACH OFFERS:

PATIENT CENTERED CARE

In order to improve the quality of life, a patient centered care approach is vital. Help with defining wishes and goals assist the patient to obtain the type of care they want.

SUPPORT FOR THE CAREGIVER

The role of the caregiver is a vital one and there are many resources to assist. Caregiver skills can be enhanced with the right information. (Visit St. Augustine's website to see our Care Giver Guide.)

THE PALLIATIVE APPROACH IS TEAM BASED

Many healthcare professionals can be involved in meeting the needs of the patient and family.



LEARN MORE ABOUT PALLIATIVE CARE

Please call: Family Ministry.
905-528-7988 ext 2250
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INFORMATION PROVIDED BY THE COMPASSIONATE CARE COMMITTEE AT:



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