

Compassionate Care Benefits

Federal EI program providing up to 26 weeks (approximately 6 months) of compassionate care leave to specified family members caring for or providing support to a seriously ill family member. Check Services Canada EI Compassionate Care Benefits website for who is eligible and for what forms will need to be completed.

<https://www.canada.ca/en/services/benefits/ei/ei-compassionate.html>

Palliative Care in Your Area

Discuss your situation with your doctor and nurse practitioner. If applicable, she or he will:

- Register you with NH PC Program
- Register you with the BC Palliative Care Benefits
- Discuss Compassionate Care Benefits with you
- Refer to community supports, i.e. nursing, physiotherapy, occupational therapy and home support depending on your needs

Volunteers

Available in some communities to help patients, family and caregivers. Contact your local Community Nursing office or hospice society.

Community Nursing Offices

For enquiries about NH PC at home, call or visit the website at

www.northernhealth.ca/Professionals/PalliativeCareEndofLifeCare.aspx

Northern Interior

Burns Lake	250-692-2412
Fort St. James	250-996-8971
Fraser Lake	250-699-8960
Mackenzie	250-997-8509
McBride	250-569-2251 ext 2003
Prince George	250-565-2612
Quesnel	250-983-6850
Valemount.....	250-566-9138 ext 241
Vanderhoof	250-567-6900

Northwest

Massett.....	250-626-4729
Queen Charlotte City.....	250-559-2321
Prince Rupert.....	250-622-6375
Terrace.....	250-631-4272
Kitimat.....	250-632-3181
Hazelton	250-842-4640
Smithers	250-847-6234
Stewart	250-636-2221
Houston	250-845-2294
Dease Lake	250-771-4444
Atlin.....	250-651-7677

Northeast

Fort St. John.....	250-263-6000
Fort Nelson	250-774-7092
Hudson Hope.....	250-783-9991
Dawson Creek & Pouce Coupe..	250-719-6500
Chetwynd & Tumbler Ridge.....	250-788-7300

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Palliative Care

A Guide for Patients and Families



northern health
the northern way of caring

What is Palliative Care?

Palliative care is a type of health care for people who are living with active, progressive and life-limiting illness. Palliative care is holistic care aimed at alleviating suffering whether physical, emotional, psychosocial or spiritual. Palliative care is provided by a multidisciplinary team and may occur alongside treatments that control or manage illness. Palliative care is about promoting the best possible quality of life for patients living with a life limiting illness and their family/loved ones.

How You May be Feeling?

Whether you are a person or family member who has been given a diagnosis of a life limiting illness, you may be feeling overwhelmed as you face change and loss. It is normal to feel this way and to experience a range of emotions. The NH PC team and services are provided to support you on your journey. The more information and support you and your family have, you may feel more in control with more information and support, and hopefully, better able to cope with your journey.

(‘family’ means all those close to the patient in knowledge, care and affection)

Who provides Palliative Care?

- You and your family are the center of the team. Your health care team will ensure that you have the knowledge and the understanding of your situation to enable you to make informed choices.

- At this stage of life the needs of you and your family may be complex; a team approach is essential. In addition to your family doctor or nurse practitioner, your team may include specialist doctors, nurses, pharmacists, social workers, volunteers, care aides, physiotherapists, occupational therapists, respiratory therapists, nutritionists, aboriginal patient liaison worker, spiritual care providers, and counselors.
- A PC Consultation Team is also available to assist and advise your health care team. The Consultation Team includes a doctor, nurse consultants and a pharmacist with specialized training and expertise in PC.

PC Services and Resources

Whether you are at home, in hospital, a hospice bed or a long term care facility your health care team will provide;

- Care to help relieve symptoms such as pain, nausea, shortness of breath, fatigue, insomnia etc
- Information on services and care options, legal and financial matters
- Teaching for families on how to provide or assist with care
- Emotional support
- Referrals to available services e.g. volunteers, counseling, and support groups

To ease the emotional and financial burden of providing care at home, NH provides the following resources:

1. Selected medical supplies e.g. wound dressings, incontinence supplies, mouth care swabs.
2. Loan of equipment, as available in your area e.g. hospital bed, mobility and safety aides, commodes.
3. Home Health Service: community nursing, physiotherapy, occupational therapy, dietitian, social worker and community health workers as available in your community.

You must be registered by your doctor and nurse practitioner with the Northern Health PC Program before receiving these resources (See Community Nursing Office numbers at the back of this brochure)

BC Palliative Care Benefits

Provides selected prescription and over the counter medications which may be needed to control your symptoms. For more information go to: <http://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/prescribers/plan-p-bc-palliative-care-benefits-program>