

Tell us more about you and your goals...

*(Please take a moment to think about your goals and write them down. You can bring this with you for your next visit with **the** care team.)*

What is Palliative Care?

Palliative Care is an approach to care for people and their loved ones living with life-limiting illnesses, for example: cancer, dementia, chronic lung, heart, liver or kidney disease.

Palliative Care is not only for those who are dying. The goal of palliative care is to improve your quality of life, help ensure your goals of care are identified and respected, and to support a peaceful, dignified quality death.

(March 2020)

Birchmount hospital

3030 Birchmount Road
Scarborough, ON M1W 3W3
416-495-2400

Centenary hospital

2867 Ellesmere Road
Scarborough, ON M1E 4B9
416-284-8131

General hospital

3050 Lawrence Avenue East
Scarborough, ON M1P 2V5
416-438-2911



SHN Palliative Care Program

Palliative@shn.ca
416-438-2911 ext: 3068

We Can Help You Get the Care You Need

Palliative Care Program



Coping with Serious Illness

- Suppose you have a serious illness. This illness affects your daily life.
- It causes you problems that may lead to an emergency hospital visit.
- You may need to visit a clinic or family doctor or nurse practitioner for checkup.
- You may need extra help at home from nurses, personal support workers or family members.

Whatever your story, your care team wants to know your concerns.

Tell us What Matters Most to You

- What are your short term and long term goals in life?
"I want to be present for my daughter's wedding"
- How is your sickness effecting you and your loved ones?
"I am feeling more pain these days"
- What do you do at home that you want to do here too?
"I pray every day and I want to do that here with a friend."

- How much do you know about your illness? How much do you want to know?
"I do not know much about my care; I want to know more."

We help you and your loved ones at any age and at any point in your illness. You do not need to stop treatment.

Physical Support

- We can help provide symptom relief- from the illness or treatments you are receiving, for example; pain, trouble breathing, nausea, vomiting.
- We can safely help keeping your independence to the best of your ability, for example; walking, sitting up in a chair, taking a shower.
- We can help you safely take your medications.
- If you have trouble swallowing or have a poor appetite, we can help you safely enjoy eating and drinking again.

Emotional and Spiritual Support

- We will listen to what really worries you.
- Leaders of several different faith are on-call 24/7 to support you and your loved ones.
- We can provide support with loss and grief.

Practical Support

- We can help you and your loved ones with financial concerns, like loss of income, getting drug coverage, applying for social assistance.

Future Planning

- We can help you to explore your goals, wishes and plans for the future.
- We can support your rights to make treatment decisions based on your wishes and values.
- We can assist you in planning your care and linking you to community supports.
- We work very closely with Central East LHIN and Palliative Care Community Team (PCCT) to assist with your care needs.
- We can ensure a smooth transition between hospital and other services, wherever your care will be.

You have access at SHN

Palliative care team

Your care team can help you arrange all the support listed above.

Palliative care unit

Your care team can help you at the end of life.

Palliative care clinic

Your care team can help you with your care in outpatient clinic, virtually or in person, if this is your choice.