

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 care team.)

(January 2024)

What Matters Most

Understanding Palliative Care

SHN BRYAN AND BETTE ROWNTREE PALLIATIVE CARE PROGRAM



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

 @SHNcares

 shn.ca

Living with Serious Illness affects your 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 help with symptom control.
- You may need extra help at home from nurses, personal support workers or family members.

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

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 family?
“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 Important People

Whatever your age, at any stage in your illness. You can still be receiving active medical treatment.

Physical Support

- **Symptom relief-** from the illness or treatments you are receiving. Like pain, trouble breathing, nausea, vomiting.
- **Safely keeping your independence to the best of your ability** such as walking, sitting in a chair, taking a shower.
- **Safely take medications.**
- **If you have trouble swallowing or have poor appetite, we help you work through this.**

Emotional and Spiritual Support

- **We listen to what really worries you.**
- **Leaders of several different faiths are on-call 24/7 to offer support.**
- **Connection to caregiver supports**
- **Access support for loss and grief**

Practical Support

Help you and your loved ones access resources to help with financial concerns like loss of income, getting drug coverage, applying for social assistance.

Future Planning

- **Help you to explore your goals, wishes and plans for the future.**
- **Supporting your right to make treatment decisions based on your wishes and values.**
- **Help you to develop your Advance Care Plan and communicate with your loved ones**
- **We are part of the Scarborough Palliative Care Collaborative, working together with Home Care and Palliative Care Community Team (PCCT) to ensure easy access to palliative care wherever you may be – home, hospital, long term care – and support smooth transitions between areas of care.**



You have access at SHN

Palliative care team–Inpatient

- We'll meet with you at your bedside

Palliative care unit–General Hospital

- We're here if you need to be hospitalized for symptom control or at the end of life

Palliative care clinic–Outpatient

- Your preference—we can meet in person, virtually, or during another clinic appointment