

Palliative Care

Patient and Family Information



Palliative care aims to relieve suffering and improve quality of life at all stages of illness.

Palliative care:

- Is provided to people of all ages;
- Is delivered by teams of experts;
- Can be provided at the same time as treatments aimed at curing the illness;
- Is for all people living with a chronic or progressive life-threatening illness;
- Can be provided in the hospital or at home;
- Is not only provided just in the last few days or weeks of life;
- Does not speed up or slow down death;
- Recognizes death as a normal process of life.

Who can receive palliative care

Any person with a chronic illness or a progressive life-threatening illness can benefit from palliative care.

It depends on the needs of the patient, not on the time they have left to live.

Palliative care aims to:

- Improve the quality of life and comfort of the individual, regardless of how much time they have left to live;
- Maximize the individual's autonomy;
- Relieve pain and other difficult symptoms;
- Help the individual maintain a life with as much dignity as possible until death;
- Pay attention to the individual's physical, psychological, social and spiritual well-being;
- Address the individual's expectations, needs, hopes and fears;
- Foster opportunities for enriching experiences and personal growth;
- Communicate honestly and sensitively;
- Respect the information needs of the individual and their loved ones;
- Establish the physical, psychological, social, spiritual, and practical goals of care related to the disease;
- Ensure care planning in advance.

How to request palliative care at home or in a residence

To receive palliative care at home, the individual may ask:

- Their family doctor;
- The Extra-Mural Program at 1-844-982-7367.

How to request palliative care at the hospital

A hospitalized individual may ask their attending physician or the care team.