

Palliative Home Care

24 Hours

East (306) 655-4379

West (306) 655-4330



"Green Skies and Purple Seas Sunset"
courtesy of Gina De Gorna



saskhealthauthority.ca

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www.saskatoonhealthregion.ca/palliative-care

Palliative Care Services



Saskatchewan
Health Authority

To Our Patients and Families

Receiving a palliative diagnosis, making treatment choices and approaching the end of life can be a difficult time. It is normal to have questions and to experience grief.

Our goal is to offer you, your family and friends as much information and support as possible during this time of transition.

What is Palliative Care?

Palliative Care strives to provide whole-person care to individuals whose illness is not curable and is likely to progress.

Palliative Care:

- Appreciates that dying, while a normal process, is a critical period in the life of an individual and their support network
- Affirms life and regards dying as a natural process
- Is relevant throughout the course of a life limiting illness, along with cancer treatment and other medical and complimentary therapies
- Is an active approach to treatment of symptoms

Palliative Care of clients focuses on:

- Striving for best quality of life
- Easing pain and other symptoms
- Easing financial and physical burden on client and caregivers through available programs
- Assistance with navigation of the health care system
- Assistance with planning for future
- Connection to grief support

The Palliative Care Unit at St Paul's Hospital, Saskatoon

This specialized unit provides superb care focused on comfort. Admission is available to you if symptoms become difficult to manage in your current setting.

The unit is intended for short stay 'tune-ups' at any time during illness or for those experiencing changing care needs as disease advances. The Palliative Care Unit staff will explore, if appropriate, discharge options with you and your family soon after arrival.

The philosophy of care is to support and allow a peaceful, natural death. For this reason, Cardiopulmonary Resuscitation (CPR) and other life-saving machinery/heroics are not part of the treatment options provided.

If admission to the Palliative Care Unit is required, a member of the Palliative Care Team (often this is your Home Care nurse) will facilitate those arrangements.



Would a Social Worker, Spiritual Care Worker, or Prairie Hospice Volunteer be Helpful?

Coping with a life-limiting illness elicits strong emotions in the individual and those within the support network. It is normal to have good days and bad days and to feel overwhelmed.

Feelings of loss and grief are expected and important in helping to cope and adapt to changes in the future. Social Workers and Spiritual Care Workers/Chaplains are excellent sources of information and support.

Prairie Hospice Volunteers contribute countless hours of service to individuals in very compassionate and unique ways. They journey with people through friendly, attentive and empathetic companionship and can help with non-nursing tasks such as, conversation, letter writing, reading and recreation.

If you are interested in more information about any of the above services, please feel free to ask any member of the Palliative Team.



What Can Palliative Care Provide?

- Information and support with care during the final seasons, months, weeks or days of life
- Discussion of concerns and options related to care at present and in the future
- Help with management of symptoms, such as pain, nausea, shortness of breath, etc.
- Assessment of needs for special equipment
- Application for Provincial Palliative Drug Benefit Plan (when applicable)
- According to needs assessment:
 - Incontinence products
 - Dietary supplements
 - Home oxygen
 - Loan of specialized linens
 - Subsidized personal care and short periods of respite
- Connections to services, agencies and additional community resources
- Information about grief support resources

Where is Palliative Care Provided?

1. In your home with the support of Palliative Home Care
2. In a private personal care home with the support of Palliative Home Care as needed
3. In the Palliative Care Unit at St Paul's Hospital
4. In the hospital with consult support from the Palliative Care Registered Nurse and Palliative Physician

Where you receive your care will depend on your assessed needs and where they can be met. Changes in care settings may need to be made as your needs change. The Palliative Care Team will assist you with this process.

Who Provides Palliative Care?

The client and family are the center of the Palliative Care Team.

The team may include:

- Family doctors
- Palliative Care doctors
- Medical specialists
- Client Care Coordinators
- Nurses
- Continuing Care Assistants
- Pharmacists
- Social Workers
- Spiritual Care Workers/Chaplains
- Volunteers from Prairie Hospice Society
- Dieticians
- Occupational Therapists
- Physiotherapists
- Speech Language Pathologists

The Palliative Care Team will assume a supportive role and encourage you and your caregivers to be involved in setting goals and devising a plan of care. Information will be provided, as available, to assist you in making decisions related to your care.

How Important is the Support of Family and Friends?

Very Important!

Usually people are willing and available to help. They may be simply waiting for you to ask. There are many things that people can help you with such as:

- Cooking, cleaning and laundry
- Business, banking and bills
- Shopping and errands
- Reading, visiting, singing, and reminiscing
- Transportation
- Gardening and home repairs
- Family breaks
- Emotional support

Relationships with those close to you may change. Friends and family may not know what to say, sometimes resulting in feelings of distance and isolation. With a bit of time and reassurance, this is usually temporary. Strive to communicate your feelings and needs honestly.

It is perfectly acceptable for you to let people know when you are tired and need to rest.