

## Welcome

Moving to long-term care can be a big change for you and your family. Our goal is to help ease the transition.

Most people in long-term care live with one or more chronic conditions. Managing these conditions is important for you to feel well. However, some conditions continue to progress until the end of life. Examples are: dementia, emphysema, heart failure or chronic obstructive pulmonary disease (COPD).

A palliative approach prepares you, your family and your care team for changes, and guides care based on what is important to you. Our skilled team is here to support you and your family on this journey.



## We want to talk!

Speak with your care team for more information about palliative approach.

## For more information watch:

“Better Early Than Late”

<https://www.youtube.com/watch?v=-SzA-kWB8-s>



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## A Palliative Approach to Care

*Information for Residents and their Families*



## Living well

A palliative approach in long-term care focuses on quality of living. It is not limited to last days; in fact, the earlier it starts, the better. This includes conversations about your concerns and wishes. It is active treatment to ensure that pain and other symptoms are well managed.

A palliative approach supports you and your family. Your long-term care team can care for you on this next journey in your life.

## Prepare

We can help you plan for changes and talk about how we can care for you here. To do this, we need to know what is important to you. This includes your goals, values and wishes. With this information, we can provide you with the best possible care.

### Think about:

- What matters most to me?
- What brings me joy? Strength?
- What are my goals and wishes?
- What do I understand about my health condition?
- What should my care team know about me as a person?

## Talk and ask

Talk with your physician or nurse practitioner and care team.

We want to learn more about what is important to you and your family, so we can honour your wishes.



### Questions you may want to ask:

- How do I make my wishes understood?
- What changes might I expect ?
- What are my support options as my care needs change?



A Palliative Approach to care is not limited to last days. It is about providing comfort and quality care for all residents living with progressive life-limiting illness and their families.