

## Resources

Visit the [North Simcoe Muskoka Hospice Palliative Care Network site](#) for resources on Palliative Care and planning. Resources include:

- A Caregiver's Guide - a Handbook About End of Life
- A Guide to Death Care in Ontario
- MAID and Resuscitation information
- A Palliative Care Approach for Primary Care



Scan to view the NSMHPCN Virtual Resource Package

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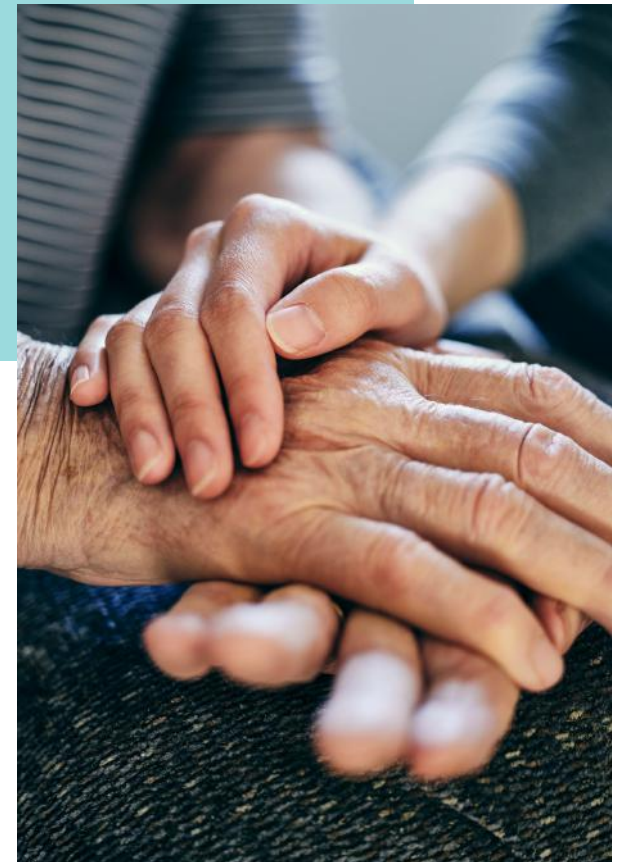
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# PALLIATIVE CARE



## Living Well

A Palliative approach to care focuses on what quality of life means to you now and in the future.

It is most beneficial when started early.

It is active treatment to ensure that pain and other symptoms are well managed to help you live well.

A palliative approach to care also provides social, emotional and spiritual support to you and your family.

## Preparation

Recognizing that changes in condition will continue to occur, we can help you plan those transitions and talk about how we can care for you at Victoria Village.

By learning and communicating what is important to you, what your goals, values and wishes are, everyone can be prepared and on the same page.



## Things to think about:

- What does quality of life mean to me?
- What gives my life value?
- What are my biggest fears/worries?
- What are my goal/wishes?
- What do I understand about my health conditions and changes I could expect?

## Conversation

Engage in conversations with your Physician/Nurse Practitioner and care team in the Long Term Care home where you live.

We welcome the opportunity to learn more about what is important to you and your family, and address any concerns you may have.

## Questions you may want to ask:

- What is the current state of my/my loved one's medical condition(s)?
- What changes might I/we anticipate?
- What treatment options are available?
- What are the Pros and Cons of treatment options