

COMMUNITY RESOURCES

Hospice Onario

Tel: 416-979-9779 OR 1-800-349-3111

Email: ho@hospice.on.ca

http://www.hospice.on.ca/ho_contacts.php

Mississauga Halton Palliative Care Network

Tel: 905-403-5348

Email: mhpcn@mhpcn.ca

The Caregiver Network

Tel: 416-323-1090

Email: karenh@caregiver.on.ca

Dorothy Ley Hospice

Tel: 416-626-0116

<http://www.dlhospice.org>

Heart House Hospice

Tel: 905-712-8119

<http://www.hearthousehospice.com>

Ian Anderson House

Tel: 905-337-8004

<http://www.ianandersonhouse.com>

Wellspring

Tel: 1-877-499-9904

<http://www.wellspring.ca>

For additional information on this topic, see our HealthFinders **Caregiving or Bereavement and Grief**.

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West

Mississauga L5B 1B8

905-848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive

Toronto M9C 1A5

416-521-4187

Email: hiwc@thc.on.ca

<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

905-615-3500 (for book locations)

<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

416-393-7131 (for book locations)

<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources.

HealthFinders are also available through our web site at

<http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.

HEALTH INFORMATION
AND WELLNESS CENTRE

HEALTHFINDER

When Someone is Dying



INTERNET SITES

The Canadian Virtual Hospice

<http://www.virtualhospice.ca>

The Canadian Virtual Hospice is committed to connecting Canadians across the country by providing information, consultation, and mutual support to everyone with an interest in end-of-life care. It has a wide range of information on palliative care, an Ask a Professional question section, a discussion board, and an extensive resource list.

The Hospice Association of Ontario

<http://www.hospice.on.ca>

The HAO is a volunteer organization which provides leadership to develop and enhance community hospice palliative care in Ontario. Its end-of-life information service gives details about a wide range of services and resources, including palliative care programs and units, community based services, pain and symptom management, and bereavement support services.

Caring to the End of Life

<http://www.caringtotheend.ca>

This is an excellent site from the Princess Margaret Hospital for anyone who needs information about palliative care for cancer patients. It offers help for patients themselves, and provides links to resources such as home care agencies, equipment suppliers, and support groups.

Living Lessons

<http://www.living-lessons.org>

This initiative to increase awareness of hospice palliative care is a partnership between Canadian Palliative Care Association and a leading pharmaceutical company.

Available at the site for download are two useful publications *A Guide for Caregivers* and *10 Tips for Caregivers*. Click on the Resources tab in the left hand column to access these.

Canadian Hospice Palliative Care Association <http://www.chpca.net>

This is the association which provides leadership in hospice palliative care in Canada. The web site is primarily about policy and development of standards, but it does make available a directory of hospice palliative care services across the country. Click on the Family Caregivers tab on the top toolbar to access this.

BOOKS

The End-of-Life Handbook: a Compassionate Guide to Connecting with and Caring for a Dying Loved One by David B. Feldman & S. Andrew Lasher. Oakland, CA: New Harbinger, 2007

This is an informative guide for patients and their families facing choices about end of life care. It offers both practical advice on decisions which might need to be taken, and compassionate help with maintaining loving family connection during this difficult period.

Availability for loan:

GV 100 F35 2007 Health Information & Wellness Centre, both locations
616.029 FEL Toronto Public Library System

Sacred Passage: How to Provide Fearless, Compassionate Care for the Dying by Margaret Coberly. Boston, MA: Shambhala, 2002

This book offers practical advice on the physical, emotional, and spiritual dimensions of caring for the dying. It explains what to expect during the dying process, and offers techniques for

promoting a peaceful environment. The author has been a nurse for over thirty years and holds a doctorate in psychology.

Availability for loan:

GV 100 C62 Health Information & Wellness Centre, both locations
616.029 COB Toronto Public Library System

Caring for the Dying by Michael Barbato. Sydney, Aus: McGraw-Hill, 2002

This well written book provides a sensitive, understanding guide to caring for a loved one who is dying. Topics covered include pain management, insights into the emotional journey of the caregiver, and an explanation of what to expect in terms of medical care.

Availability for loan:

GV 100 B27 Health Information & Wellness Centre, both locations

Handbook for Mortals: Guidance for People Facing Serious Illness by Joanne Lynn and Joan Harrold. New York: Oxford University Press, 1999

This book is addressed to those who wish to make their final years a time of growth, comfort, and meaningful reflection. Topics covered include pain management, the course of specific diseases, and the effects on the family and friends of the dying person.

Availability for loan:

GV 100 H353 1999 Health Information & Wellness Centre, both locations
362.175 HAN Mississauga Library System
362.175 HAN Toronto Public Library System