Is Palliative Care Right for You?

- Do you, or does someone close to you, have a serious illness such as:
 - cancer;
 - congestive heart failure;
 - chronic obstructive pulmonary disease (COPD)/emphysema;
 - kidney failure;
 - liver failure;
 - amyotrophic lateral sclerosis (ALS); or
 - any other terminal illness?
- 2. Do you, or does someone close to you, have symptoms associated with any of the above illnesses, such as:
 - Pain

- Depression
- Nausea
- Anxiety
- Fatigue
- · Lack of appetite
- Constipation
- Shortness of breath
- Have you, or has someone close to you, been living with any of the above illnesses, experienced the following:
 - frequent emergency room visits;
 - multiple admissions to the hospital (3 or more in 12 months) resulting from the same illness;
 - a turning point in the illness where the goals of care have changed from curative to comfort; or
 - eating problems associated with an advanced illness?

- 4. Do you, or does someone close to you, need help with:
 - future planning;
 - decision-making;
 - emotional support; or
 - spiritual or religious support?

If you've answered YES to any of these questions, the Integrated Palliative Care Program may be able to help.

Consider Your Options For more information, contact:

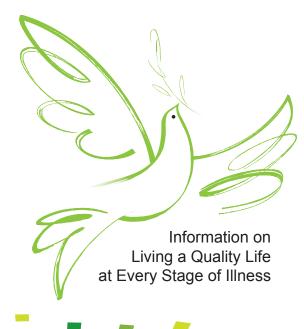
Your family physician

or

Integrated Palliative Care Program in your area:

O'Leary	(902) 859-8730
Summerside	(902) 888-8440
Charlottetown	(902) 368-4790
Montague	(902) 838-0786
Souris	(902) 687-7096

Living Well with a Life-limiting Illness



Provincial Palliative Care Office (902) 368-4781



Health PEI

12HPE06-33465

Living Well with a Life-limiting Illness

What is Quality of Life?

Quality of life is a personal sense of wellbeing, fulfillment or enjoyment of life.

This includes:

- Pain control
- Symptom relief
- A general feeling of well-being
- Having more energy
- A positive self-image

What is quality of life when living with a life-limiting illness?

- Doing activities that give you meaning or that you love to do
- Having more energy
- Spending time with the people you love
- Being without pain



Palliative Care – Questions and Answers

What is palliative care?

- A personalized approach to health care where communication and quality of life is key.
- A health care that aims to understand what is most important to you and helps you achieve a lifestyle that supports this understanding.

I am receiving active treatment, how can palliative care help me?

Palliative care can support you and your family with:

- Understanding your illness and your treatment options
- Understanding and communicating your personal goals and helping you achieve these goals
- Symptom relief and management while understanding your personal needs
- Emotional and spiritual support
- Advanced care planning
- Support and resources for caregivers

Who provides palliative care?

A team of professionals work with you and your family to provide personalized care in all aspects of your life, through the Integrated Palliative Care Program.

Who can benefit from palliative care?

If you or someone you love has (or may potentially have) a life-limiting illness, you could benefit from palliative care.

When is palliative care appropriate?

Palliative care can be appropriate at any age and at anytime during the course of a life-limiting illness.

Palliative care is about living well and enjoying life for as long as possible.

Not sure if palliative care is for you?

Turn the page for a survey you can complete to see if you and your family could benefit from palliative care.