

# Is Palliative Care Right for You?

1. 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
  - Nausea
  - Fatigue
  - Constipation
  - Shortness of breath
  - Depression
  - Anxiety
  - Lack of appetite
3. 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

Provincial Palliative Care Office  
(902) 368-4781

# Living Well with a Life-limiting Illness



Information on  
Living a Quality Life  
at Every Stage of Illness

## Health PEI



# 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.

