

## The Central Zone Palliative Care Team...

Is a team of health care providers working together to care for individuals and their families.

There are also specialized nurses and doctors who have additional expertise in palliative care, called the Palliative Care Consultant Team.

Your nurse or doctor can access the Palliative Care Consultant Team at any time for advice and help to manage pain and symptoms.

## Goals of the Central Zone Palliative Care Program

The goal of the program is to ensure that compassionate care is accessible to patients and families wherever they live throughout the Central Zone.

*“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all of which have the potential to turn a life around. It’s overwhelming to consider the continuous opportunities there are to make our love felt.”*

— Leo F. Buscaglia PhD,  
author and motivational speaker

**For further information on the  
Central Zone Palliative Care  
Program, contact the  
Continuing Care Access Centre  
at 855-371-4122  
or your local Home Care  
Case Manager.**

### Health Link

Health Advice 24/7

Alberta toll free: 8-1-1

Canada-wide toll free: 1-866-408-5465



## Central Zone Palliative Care Program

Revised (Apr 2016)

## What Is Palliative Care?

Palliative care is a special kind of care for people facing a life threatening or terminal illness. It aims to relieve suffering and improve quality of living or dying.

Palliative care is about:

- ❖ Providing compassionate care, hope and encouragement
- ❖ Enriching quality of life
- ❖ Providing support and comfort to individuals and their caregivers
- ❖ Providing pain and symptom management
- ❖ Addressing physical, psychological, social, spiritual and practical issues
- ❖ Coping with loss and grief during illness and bereavement.

## Who Can Access Palliative Care Services?

Individuals living with a life threatening illness who are in need of pain and symptom management, emotional and spiritual support. It is offered to anyone, who is prepared to accept care, with any life-limiting illness.

## How Can a Referral Be Made?

The individual, a family member, health care worker or doctor can make a referral to the program.

Anyone in their home, Acute Care, Continuing Care or a Cancer Centre can ask their doctor or nurse about palliative care services.

Anyone interested in finding out more about the program can contact their nearest Home Care office.

## Who Provides the Care?

Depending on your needs, care providers may include:

- ❖ Physicians
- ❖ Registered Nurses
- ❖ Licensed Practical Nurses
- ❖ Palliative Care Consultants
- ❖ Home Care Support Aides
- ❖ Rehabilitation staff
- ❖ Social Workers
- ❖ Continuing Care Counselors
- ❖ Pharmacists
- ❖ Nutritionists
- ❖ Pastoral Care
- ❖ Volunteers
- ❖ Grief and bereavement services