

Pathfinder Series: Palliative and End-of-Life Care

This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

Books

Being Mortal: Medicine and What Matters in the End / Atul Gawande

Call number: 10.2.0 2014

The author, a practicing surgeon, addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families at the end of life. Gawande offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified.

Being With Dying: Cultivating Compassion and Fearlessness in the Presence of Death / Joan Halifax

Call number: 10.4.10 2008

The author's work, inspired by Buddhist teachings, is a source of wisdom for all those who are charged with a dying person's care, facing their own death, or wishing to explore and contemplate the transformative power of the dying process.

The Conversation: A Revolutionary Plan for End-of-Life Care / Angelo E. Volandes

Call number: 10.4.8 2015

This book demonstrates that what people with serious illnesses, nearing the end of their lives need most is not new technologies but one simple thing: The Conversation. He argues for a radical re-envisioning of the patient-doctor relationship and offers ways for patients and their families to talk about this difficult issue to ensure that patients will be at the centre and in charge of their medical care.

Saying Goodbye: A Guide to Coping With a Loved One's Terminal Illness / Barbara Okun and Joseph Nowinski

Call number: 10.4.14 2011

The authors help guide readers through the complex journey of loss, and introduce and explore the five stages – crisis, unity, upheaval, resolution, and renewal – and offer tools to help readers navigate their way through the realities of death and dying.

Saying Goodbye to Someone You Love: Your Emotional Journey Through End of Life and Grief /

Noreen Dresser and Freda Wasserman

Call number: 10.4.3 2010

This book consists of moving narratives about end of life and grief. These personal histories are complemented by practical guidelines for those caring for their loved ones through the last stages of life. For those who are grieving, the true-to-life-stories demonstrate how others have navigated through the tidal wave of emotions and reactions that characterize the grief process.

Websites

Canadian Hospice Palliative Care Association

<https://www.chpca.ca/>

Advancing and advocating for quality end-of-life/hospice palliative care in Canada, the CHPCA's work includes public policy, public education and awareness. The website provides information about services and resources for patients and caregivers such as advance care planning, ethics and norms, campaigns, and much more.

Canadian Virtual Hospice

<http://www.virtualhospice.ca/>

The Canadian Virtual Hospice provides support and personalized information about palliative and end-of-life care to patients, family members, health care providers, researchers and educators. Their website includes information on managing pain, talking to children, emotional health, spiritual health, financial assistance, communication, final days and more.

Caregiver Decision Guide

<http://eolcaregiver.com/>

This University of British Columbia website is for caregivers of family members who are living with a life-limiting illness.

It also offers links to resources about advance care planning, hospice/palliative care, government assistance, grief and bereavement support, and more.

Health Quality Ontario - Palliative Care at the End of Life

<http://www.hqontario.ca/Portals/0/documents/system-performance/palliative-care-report-en.pdf>

This report looks at the care and services patients receive during the last month of life, a potentially challenging time for patients and families, as they fully shift their focus from treatment, to ensuring comfort and managing symptoms. There are many services available in Ontario for patients at the end of their life, but with limited coordination in place to navigate the system, patients can receive fragmented care, especially as they move from one setting to another, such as going from their home to the hospital.

Hospice Palliative Care Ontario

<http://www.hpco.ca/>

Hospice Palliative Care Ontario is a provincial association of hospices and palliative care providers, professionals, and volunteers. Their website is helpful for anyone looking for hospice information and care in their community. It includes links to other organizations, programs and services, publications, where to find support, advance care planning resources, caregiving information, and more.