

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

- author addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families at the end of life.
- offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly.
- 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

- 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

- demonstrates that people who are seriously ill or nearing the end of their lives need one simple thing: The Conversation.
- author 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.

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

Call number: 10.4.14 2011

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

Grief Works: Stories of Life, Death and Surviving / Julia Samuel

Call number: 10.4.15 2018

- learning how to come to terms with death – both of our loved ones and our own deaths – is a main facet of this book.
- readers will be guided through stories of loss and how to navigate the grief that follows, while learning how to make peace with death.

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.
- 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/>

- support and personalized information about advanced illness, palliative care, loss and grief, people living with illness, family members, people working in healthcare, educators, and researchers.
- managing pain, talking to children, emotional health, spiritual health, financial assistance, communication, final days and more.



Caregiver Decision Guide

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

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

- report looking at the care and services patients receive during the last month of life 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/>

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

