

Hospice Palliative Care In Tantramar



The Tantramar Hospice Palliative Care Organization (THPCO) is a collaborative organization that supports and advocates for the provision of hospice palliative care. The Tantramar area includes communities of Cape Tormentine, Port Elgin, Sackville, Dorchester and their surrounding areas.

See the Tantramar Hospice Palliative Care website for more resources and links

www.thpco.ca

[E-mail: info@thpco.ca](mailto:info@thpco.ca)

At some time, in some way, we must all face the end of life. And most of us share a common hope-that when death comes to us or to a love one, it will be peaceful and free of pain. We hope to be surrounded by those we love, feeling safe, cared for and comfortable.

What is Hospice Palliative Care?

Hospice palliative care is whole-person health care that aims to relieve suffering and improve the quality of living and dying.

It is appropriate for any patient and/or family living with, or at risk of developing, a life threatening illness due to any diagnosis, with any prognosis, regardless of age, and at any time they have unmet expectations and/or needs, and are prepared to accept care.

Hospice palliative care strives to help patients and families:

- Address physical, psychological, social, spiritual and practical issues, and their associated expectations, needs, hopes and fears;
 - Prepare for and manage self-determined life closure and the dying process;
- Cope with loss and grief during the illness and bereavement.

It can be provided in any setting: at home, in hospital, in a nursing home or any other care facility.

-Canadian Hospice Palliative Care Association.

Who Provides Palliative Care?

Family and friends provide key palliative care support for their loved ones. This care can be assisted by health care providers who are part of the palliative care team. Most services are free although some may have a cost associated with them.

Family Physicians

Family physicians provide ongoing care to individuals as they move through the end of life process. They can assist with pain control and symptom management as well as liaison with specialists and other team members.

Employment Insurance Compassionate Care Benefits

The federal Government now has a program that allows family members who are caring for gravely ill relatives to apply for Employment Insurance for up to six weeks. For more information call: 1-800-206-7218.

Information / pamphlets / videos

The THPCO library is located in the Extra Mural office. Telephone 364-4400. The library offers free to borrow CD's, videos, books and DVD's on all topics relating to hospice palliative care.

**Grief and Bereavement Peer Support Group:
Audrey Hicks or Lesley Read**

Phone: 536-1064 or 536-0824

A grief and bereavement peer support group is available twice a year for anyone living in the Tantramar area who has experienced the death of a loved one. The group is run by volunteers and meets once a week for 8 weeks. The group provides information, shares feelings, and helps one another work toward the positive resolution of grief in a confidential and supportive setting.

Extra Mural Program: Marlene Hueston

Phone: 364-4400

Nurses, dietitians, palliative care clinical nurse specialist, occupational and physiotherapists, respiratory therapists and social workers provide all aspects of palliative care in the home and community. Equipment and supplies for use in home as well as educational material in the form of books, videos and pamphlets are available.

**Community Representative: Jane Claxton-Oldfield
and Audrey Hicks**

Phone: 536-0382 / 536-1064

Email: thpcocommunityrep@gmail.com

Community representatives are additional contacts for people seeking information or resources in the community.

Spiritual Support:

Phone: 857-5348 or contact your local church or place of worship

Email: thpcospiritualrep@gmail.com

Clergy, pastoral workers and spiritual advisors, provide services and supports for many different denominations and religions. Visits can be made to wherever the needs are, at home, hospital or care facility.

Red Cross: Heather Longpre

Phone: 364-8813

Email: heather.longpre@redcross.ca

Office: Located in Sackville Memorial Hospital. It is open 8:30-4:30, Monday to Friday. Providing homemakers who offer a variety of services to help care for the family and their home. Health equipment is available for loan. A hot meal delivery service, called 'Meals to Seniors' is available, Monday – Friday, to anyone in need (not just seniors).

Sackville Memorial Hospital: Christine Cohoon

Phone: 364- 4100

Email: christine.cphoon@horizonnb.ca

When in hospital, nurses, social worker, dietitian, doctors, pharmacist, occupational, physiotherapist and respiratory therapists provide a multidisciplinary approach to palliative care. A suite, called the Serenity Suite, is available for families to overnight with their loved one.

**The United Church Home For Senior Citizens, Inc.
- Drew Nursing Home: Linda Leroux**

Phone: 364-4900

e-mail : execdir@drewnursinghome.ca

The staff provides 24-hour nursing/palliative care. A relief bed may be available when nursing care is needed for short periods of time.

Westford Nursing Home: Nancy Burridge

Phone: 538-1307

Email: n.burridge@nb.aibn.com

The staff provides 24-hour nursing/palliative care. A family room is available for loved ones to stay overnight. A relief bed may be available when nursing care is needed for short periods of time. A limited supply of equipment is available for short-term loans to the community

VON Sackville: Christine LeBlanc

Phone: 536-0750

Registered nurse provides home visits and foot care clinics. The Palliative Care Volunteer Program provides volunteers to offer comfort, support and compassion to individuals and their loved ones. These volunteers provide companionship, assist with errands, pet care, outings, and may also be able to offer short-term respite for caregivers. Books and videos may be borrowed.

Clinical Nurse Specialist: Patty McQuinn

Phone: 857-5468

Email: patty.mcquinn@horizonnb.ca

A resource person with Extra Mural, also in collaboration with other community based resources, provides direction to information. Works with interdisciplinary teams to address disease management and the physical, emotional, financial, psychological, social, spiritual impact on the palliative client and their family.

Meals and More: Susan Kastuk-Ridlington

Phone: 536-8102

Email: meals@nbnet.nb.ca

Since 1996, Meals and More has been offering a selection of over forty entrées as well as soups and desserts for the individual and their care givers. Most dietary needs can be met and entrées are also available in minced or pureed texture. Call our registered dietitian to receive a copy of our menu.

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