

Hospice Palliative Care Services for the Tantramar Region



This brochure is intended to assist people in the Tantramar region access hospice palliative care information and services.

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 loved one, it will be peaceful and free of pain. We hope to be surrounded by those we love, feeling safe, cared for and comfortable.

Hospice palliative care is for anyone facing life-threatening illness. Hospice palliative care provides physical, emotional and spiritual care and support for individuals and their loved ones. Through a care-giving team of family, friends, healthcare professionals and volunteers, needs and choices are sensitively met. It can be provided in any setting – at home, in hospitals, in nursing homes and other care facilities.

Most of all, hospice palliative care is about living fully to the very end of life with dignity and comfort.

Hospice palliative care helps make a very difficult life passage both manageable and meaningful for both people facing death, as well as their loved ones.

Visit us at www.thpco.ca

Hospice Palliative Care Services

There are a great number of services available to assist people dealing with a life threatening illness and end of life issues. Some services have a cost associated with them and many are free of charge.

Family Physicians: Family doctors provide ongoing care to individuals as they move through the end of life process. They can help with pain control and symptom management as well as liaison with specialists and other team members. Contact your doctor for more information.

Extra Mural Program: 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.

“We shall never know all the good that a simple smile can do.” Mother Theresa

Sackville Memorial Hospital: Nurses, social workers, dietitians, doctors, pharmacists, occupational and physiotherapists and respiratory therapists provide a multidisciplinary approach to palliative care. An inpatient palliative care unit where families can stay overnight is available.

Clinical Nurse Specialist in Palliative Care.

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

Spiritual Support: Clergy, Pastoral Workers and Spiritual Advisors in the Tantramar Region provide services for many different denominations and religions. Spiritual care is provided through this group of people. Visits will generally be made to wherever the needs are, at home, hospital or care facility.

Nursing Homes: The staff at the Drew and Westford nursing homes provides 24-hour nursing/palliative care. There are family rooms available for loved ones to stay at the nursing home if they wish. A relief bed may be available when nursing care is needed for short periods of time.

Red Cross: Provides homemakers who can provide a variety of services to help take care of the family and home. Red Cross also loans health equipment and offer a “meals to seniors” program. (note: not only for seniors. This service is available to anyone in need.)

VON Sackville: Victorian Order of Nurses (VON) provides home visits and foot care clinics.

The VON also provides volunteers through the Palliative Care Volunteer Program to offer comfort, support and compassion to individuals and their families receiving hospice palliative care services. 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 on a variety of topics including palliative care may be borrowed.



“It is by believing, hoping, loving and doing that man finds joy and peace” John Lancaster Spalding

Grief and Bereavement Counseling: Funeral homes have some helpful information on death and dying, grief and bereavement counseling.

The listed service providers can also provide direction on receiving grief and bereavement support that may meet individual needs.

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 about this program, contact:
1-800-206-7218.

Additional Services:

Private homemakers and personal care workers are available to help with food preparation, household duties, and personal hygiene.

The delivery of nutritious frozen meals is available from a local dietitian. Local restaurants will also prepare and deliver food.

Wheelchair accessible transportation and appointment escorting are available. Local taxis will also pick up and deliver.

Trained individuals (complementary therapists) can offer services that will compliment traditional medical intervention such as; Acupuncture, Bowen Therapy, Chiropractic, Counseling, Gestalt Therapy, Healing Touch, Jin Shin Jyutsu, Massage, Meditation, Myofascial Release, Reflexology, Reiki, Relaxation Techniques and Therapies, Sensory Awareness, Somatic Emotional Release, and Therapeutic Touch.

Contact any of the listed service providers or check your Yellow Pages under such headings as home health, holistic or health services etc. for more information on services available locally.

Information pamphlets/videos are available from doctors, pharmacists; drug stores and health supply agencies and the THPCO library at the Extra Mural office 364-4400.

Contact any service provider(s) below for more information on hospice palliative care:

Extra Mural Program: Shirley Oliver
364-4400 sholiver@serha.ca

Clinical Nurse Specialist: Patty McQuinn
857-5468 pamcquin@serha.ca

Sackville Memorial Hospital: France Gauthier
364-4100 frgauthi@serha.ca

Westford Nursing Home: Nancy Burridge
538-1307

Red Cross: Heather Longpre
364-8813

VON Sackville: Deb Gillespie
536-0750

Meals and More: Susan Kastuk-Ridlington
536-8102

THPCO Resource: Jane Claxton-Oldfield
536-0382

THPCO Resource: Patricia Jennex
536-2029

Canadian Hospice Palliative Care Association: www.chpca.net

E-mail: info@chpca.net

These are times when we need emotional strength and practical support. Hospice palliative care strives to meet the physical, emotional and spiritual needs of patients and their families. It stresses living fully until the very end of life with dignity and in comfort, surrounded by a circle of support.

Hospice palliative care is appropriate even when active treatment is still being received. The need for hospice palliative care routinely increases as the illness progresses and treatment options decrease.



The Tantramar Hospice Palliative Care Organization (THPCO) is a collaborative organization that supports and advocates for the provision of hospice palliative care in the Tantramar communities.

The THPCO has put together this information brochure to help you to find the services you may need on Hospice Palliative Care Services in the Tantramar Area. We know that on the “rainy days” help is appreciated.

The Tantramar area includes communities around Cape Tormentine, Port Elgin, Sackville and Dorchester areas.

“Yet, even with serious illness, there may yet be golden days you will never forget”.
Earl A. Grollman