

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, dignified, and free of pain. We hope to be surrounded by those we love and feel safe, cared for, and comfortable.

What is Hospice Palliative Care?

Hospice palliative care is a holistic or whole-person (body, mind, and spirit) type of health care that aims to relieve suffering and improve the quality of living and dying for terminally ill persons and their loved ones.

Hospice palliative care strives to help dying persons and their loved ones:

- address physical, psychological, social, spiritual and practical issues, and their associated 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.*

Hospice palliative care can be provided in any setting: hospital, nursing home, residential hospice, or the dying person's own home.

* *Canadian Hospice Palliative Care Association*

Who Provides Hospice Palliative Care?

Hospice palliative care is provided by an interdisciplinary team of health care providers (e.g., doctors, nurses, social workers) as well as family members, friends, and trained volunteers, working together to meet the needs of the dying person and his/her loved ones.

Employment Insurance Compassionate Care Benefits

The federal government has a program that allows family members who are caring for terminally ill relatives to apply for Employment Insurance Compassionate Care Benefits for up to 26 weeks. For more information, visit the Service Canada website:

www.servicecanada.gc.ca

Information/Pamphlets/DVDs

The THPCO library of resources (books, DVDs, etc.) is located in the family room at the Sackville Memorial Hospital, 8 Main Street.

Donations to THPCO can be made via cheque or money order to:

THPCO, c/o Sackville Memorial Hospital,
8 Main Street, Sackville, NB E4L 4A3

Last revised: October 2018



The Tantramar Hospice Palliative Care Organization (THPCO) Inc. is a non-profit, charitable organization, which advocates for and supports the provision of hospice palliative care services and resources in the Tantramar region.

See the THPCO website for more information and links

www.thpco.ca

Email: info@thpco.ca

Charity business number: 81112 3348 RR0001

Below is a list of some of the hospice palliative care services that are available in the Tantramar region

Canadian Red Cross

Phone: (506) 863-2650 for health equipment loan

1-800-588-4881 for meals and home care services

Website: www.redcross.ca

Offers a number of programs and services (e.g., Meals on Wheels, health equipment loan, home care services)

Clinical Nurse Specialist - Palliative: Patricia McQuinn

Phone: 857-5468

Email: patty.mcquinn@horizonnb.ca

Website: www.horizonnb.ca

Resource person with the Extra Mural Program. Works with the interdisciplinary care team to address disease management and the physical, emotional, financial, psychological, social, and spiritual impact of illness on the palliative client and his/her family.

Community Representative: Stephen Claxton-Oldfield and Audrey Hicks

Phone: 536-0382/536-1064

Email: sclaxton@mta.ca/awhicks@bellaliant.net

Community representatives are local contacts for anyone seeking additional information about services/resources in the community.



Extra-Mural Program: Tantramar Unit

Phone: 364-4400

Website: www.horizonnb.ca

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 materials are available.

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

Phone: 536-1064/536-0824

Website: www.thpco.ca

A grief and bereavement peer support group is available twice a year (Spring and Fall) for anyone in the Tantramar region who has experienced the death of a loved one. The group meets once a week for 7-8 weeks. The group provides information, shares feelings, and helps one another work toward the positive resolution of their grief in a confidential and supportive setting.

Hospice Greater Moncton Volunteer Program

Phone: 383-2404

Email: info@hospicegm.ca

Website: www.hospicegm.ca

Carefully selected and trained volunteers are available to provide companionship, practical assistance, and emotional support to dying persons and their loved ones.

A Mindful Death Doula Services: Jules Jones

Phone: 961-1997

Email: amindfuldeath@gmail.com

Website: www.amindfuldeath.ca

Education, guidance, and empowerment for families wanting to care for their loved ones on their own, as they journey through their most scared transition - from living to dying, to death and beyond.

Meals and More

Phone: 536-8102

Email: meals@mealsandmore.ca

Website: www.mealsandmore.ca

Provides home delivery of frozen meals for both patient and those caring for them. Meals are also available in minced and pureed texture.

Sackville Memorial Hospital

Phone: 364-4100

When in hospital, doctors, nurses, social worker, dietitian, pharmacist and others provide an interdisciplinary approach to palliative care. A suite, called the Serenity Suite, is available for families to stay in with their loved one.

Spiritual Support

Phone: Contact your local church or place of worship

The United Church Home for Senior Citizens - Drew Nursing Home: Linda Shannon

Phone: 364-4900

Email: execdir@drewnursinghome.ca

Website: www.drewnursinghome.ca

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

Website: www.westfordnursinghome.ca

Provides 24-hour nursing/palliative care. A family room is available for loved ones to stay overnight.