



Warmhearts
De tout **cœur**

Palliative Caregivers
Sudbury/Manitoulin
Des soins palliatifs
Sudbury/Manitoulin

Our Mission Statement

Palliative Caregivers Sudbury/Manitoulin is a volunteer community based, non-profit organization whose mission is to provide end of life support to clients and their families. Our mission is achieved through hospice volunteer visiting, advocacy, education, and bereavement support to clients and families within the Sudbury Manitoulin District.



Warmhearts
De tout **cœur**

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Sudbury ON P3E 2A5
Phone: 705-677-0077
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www.warmhearts.ca

CAREGIVER GUIDE



... WHEN
YOUR LOVED ONE IS
DIAGNOSED WITH A
TERMINAL ILLNESS



Warmhearts
De tout **cœur**

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North Eastern Ontario Collaborative

Nursing Program:

Cambrian Site

Sudbury, Ontario

ORGANIZATIONS-SOCIAL & HUMAN SERVICES

- Living Lessons, www.living-lessons.org
- Manitoulin-Sudbury Community Care Access Centre, www.ms.ccac-ont.ca
- Meals on Wheels
- Multiple Sclerosis
- Regional Cancer Program of Sudbury Regional Hospital
- The Lung Association
- The Sudbury Regional Health Unit

PALLIATIVE CARE

- Canadian Hospice Palliative Care Association, www.living-lessons.org
- Palliative Caregivers Sudbury/Manitoulin, www.warmhearts.ca
- The Canadian Hospice Palliative Care Association, www.chpca.net
- VON Canada– Greater Sudbury Site

REFERENCES

- Potter, P., & Perry, A. (2002). *Canadian fundamentals of Nursing* (J. C. Ross-Kerr & M. J. Woods, Eds) (2nd ed.) Toronto, ON: Mosby.
- Sherman, J. R. (1994). *Creative Caregiving*. Golden Valley: Minnesota.
- Sherman, J.R. (1994). *Preventing Caregiver Burnout*. Golden Valley: Minnesota.
- Stuart, G.W., & Laraia, M.T. (2005). *Principles and practice of psychiatric nursing*. (8th ed.). Toronto: Mosby.
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NURSES

- Bayshore Home Health, www.bayshore.ca
- For Seniors Only, www.forseniorsonly.ca
- Total Nursing Care Inc, www.totalnursingcare.com
- We Care Home Health Service, www.wecare.ca

NURSING HOMES

- Bignucolo Residence (Chapleau)
- Elizabeth Centre (Val Caron)
- Espanola Nursing Home (Espanola)
- VON Canada— Greater Sudbury Site
- Extendicare Falconbridge (Sudbury)
- York Street Extendicare (Sudbury)
- Finlandia Hoivakoti (Sudbury)
- Manitoulin Centennial Manor (Little Current)
- Manitoulin Lodge (Gore Bay)
- Pioneer Manor (Sudbury)
- St. Joseph's Villa (Sudbury)
- Wikwemikong Nursing Home (Wikwemikong)
- Complex Continuing Care at HRSRH

NUTRITION & HEALTH

- College Boreal - Massage
- Greater City of Sudbury—Leisure Guide, www.city.greatersudbury.on.ca
- Health Canada—Food & Nutrition, www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

ORGANIZATIONS-SOCIAL & HUMAN SERVICES

- ALS (Amyotrophic Lateral Sclerosis) Society of Ontario
- Alzheimer's Society
- Canadian Cancer Society
- Canadian Diabetes Association
- Canadian Red Cross
- Heart & Stroke Foundation
- Hospice Association of Ontario, www.hospicelifeline.com

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YOUR ROLE AS CAREGIVER

You face a journey that may be the most demanding and challenging experience of your life.

Your choice to become the primary caregiver means that you face a time of many questions and few easy answers.

You're not alone: 25% of the adult Canadian population provide some form of home care to a person who has a long-term illness, and have become palliative.

Nearly 75% of caregivers are women, and many caregivers are caring for children, as well as an aging parent.

Reference: Living Lessons A Guide for Caregivers

RESOURCES

COUNSELING

- All Nations Counseling Centre
- Bereavement Services Support & Educaiton, www.bereavement.net/links.htm
- Caregiver Survival Tips, www.caringconnections.com
- Centre For Loss & Life Transition, www.griefwords.com
- Child and Family Centre
- Family Enrichment Centre
- Family Services
- Walden Help Centre

CINEMAS

- Imax Theatre—Science North
- Rainbow Cinemas
- Silver City
- Sudbury Theatre Centre
- Theatre Cambrian
- Theatre Du Nouvel Ontario

FINANCING

- Ministry of Health and Long-Term Care, www.gov.on.ca/health
- Ministry of the Attorney General, <http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/poa.asp>
- Service Canada—Programs and Service for You, www1.servicecanada.gc.ca
- Trillium Gift of Life Network, www.giftoflife.on.ca
- Veterans Affairs Canada, www.vac-acc.gc.ca

FUNERAL HOMES

- Co-operative Funeral Homes
- Jackson and Barnard Funeral Home
- Loughheed Funeral Homes
- Memorial Society of Northern Ontario

...CONT

- to receive consideration, affection, forgiveness and acceptance for what I do from my loved one for as long as I offer these qualities in return.
- to take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.
- to protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full time help.
- to expect and demand that as new strides are made in finding resources to aid physically and mentally impaired older adults in our country, similar strides will be made toward aiding and supporting caregivers.

Reference: Author Unknown: www.caregiver.ca

IMPORTANT NAMES AND NUMBERS

Role	Name	Number
Family Doctor		
Home-Care Co-ordinator		
Home-Care Nurse		
Physiotherapist		
Occupational Therapist		
Support Worker		
Volunteer		
Spiritual Advisor		
Pharmacist		
Medical Equipment Vendor		
Dietician		
Social Worker		
Other Contacts		
Family and Friends		

APPENDIX II

MANAGING YOUR PAIN CHART		DATE: _____							
		When did the pain begin? (Time?) What was I doing?	How long did it last?	Where was it?	How severe was it? Rate 1-5 What did it feel like?	What did I do for relief?	Did it help? Rate 1-5 Any side effects?		

PATIENT'S BILL OF RIGHTS



As a person facing the end of my life, I have the right to:

- be treated as a living human being until I die.
- live free of pain.
- participate in the decisions that affect me and my quality of life.
- have my decisions and choices respected and followed, even though they may be contrary to the wishes of others.
- be treated with openness and honesty without deception or half-truths.
- receive ongoing medical and nursing care even though the goals must be changed from cure to comfort.

...CONT

- express my feelings and emotions about my approaching death in my own way.
- maintain a sense of hopefulness, however changing its focus might be.
- be cared for by those who can maintain a sense of hopefulness, however changing its focus might be.
- discuss and enlarge my spiritual and religious experiences, regardless of what they mean to others.
- be cared for by compassionate, sensitive and knowledgeable people who will attempt to understand my needs and try to meet them.
- receive support from and for my loved ones in learning how to accept my death.
- die in peace and with dignity.

Reference: www.living-lessons.org/cando/e6.patient.rights.asp

APPENDIX I

RESPITE SCHEDULE

Sun					
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					

...CONT

Cognitive Effects of Grief

- Decreased concentration
- Absent-mindedness
- Thinking about the person who died
- Need to tell and retell all that you can remember about the deceased life and death
- Frequent dreams of the person who died
- Sensing the presence of the deceased, sometimes even hearing their voice or seeing their face
- Trying to find a reason or cause for why the death happened to your loved one; searching for meaning

The Bereavement Foundation of Sudbury
673-3182



Reference: www.caregiversurvivaltips.com

INFORM YOURSELF ON THE ILLNESS

Caregiving often comes with new responsibilities and unfamiliar tasks. The more you know about the illnesses, and the strategies of caregiving, the more effective you'll be in avoiding caregiver burnout. Here are some local agencies that can provide information, etc...

Alzheimer's Society

960B Notre Dame Ave
Sudbury, ON P3A 2T4
(705) 560-0603

Canadian Cancer Society

1780 Regent St., South
Sudbury, ON P3E 3Z8
(705) 670-1234

Canadian Diabetes Association

2141 LaSalle Blvd., Unit F
Sudbury, ON P3A 2A3
(705) 670-1993

...CONT

Emotional Effects of Grief

- Helplessness and fear
- Sadness and/or depression
- Loneliness and/or despair
- Anger at yourself or at the person who is dying or has died
- Anger at a higher power, life, or other people
- Guilt for things done and not done
- Loss of faith and/or hope
- Sudden mood changes
- Desire to withdraw from people
- Feeling a sense of relief or freedom in the case of anticipated grief
- Tearfulness and crying spells

...CONT**Physical Effects of Grief**

- Problems with appetite: eating too much or too little
- Fatigue, exhaustion and/or lethargy
- Lack of strength
- Sleeping difficulties
- Decreased energy, initiative, and/or motivation
- Shortness of breath; heart palpitations
- Headaches and/or dizziness
- Anxiety, nervousness, agitation, irritability, restlessness
- Neglect of appearance

...cont**Heart and Stroke Foundation**

43 Elm St., Suite 130
Sudbury, ON P3C 1S4
(705) 673-2228

Multiple Sclerosis (MS)

111 Larch St., Box 6
Sudbury, On P3E 4T5
(705) 566-9299

The ALS Society of Ontario

Amyotrophic Lateral Sclerosis
Northern Ontario Regional Office
403-96 Larch Street
Sudbury, P3E 1C1
(705) 669-0324

The Lung Association

Chronic Bronchitis, COPD, Emphysema
2141 LaSalle Blvd., Unit D
Sudbury, On P3A 2A3
(705) 673-3116

SOME COMMUNITY HELP

Your first call should be to Community Care Access Centre (CCAC), because they can provide you with a number of services free of charge, covered under the Ontario Ministry of Health and Long-Term Care.

Manitoulin-Sudbury Community Care
Access Centre (CCAC)
1760 Regent Street
Sudbury, ON P3E 3Z8
Telephone: (705) 522-3461

What is Sudbury Community Care Access Centre?

They are the admission point to home health care, services, information, and referrals to community support services.

GRIEF



The Art of Gene Gould:
“Grief” (1959-65)

Anticipatory Grief—What is it?

At the end of life many people experience anticipatory grief—a sense of mourning their own deaths that may be accompanied by depression and sadness. This stage of grief can also be a time of searching and growth, and of establishing connections.

Caregivers may grieve for the loss of the person their loved ones used to be before their illness. They may grieve for the loss of the life they were living together before the illness occurred.

...CONT

Confusion as to time, place and recognition of people is common. This can include members of the family and close friends. At times restlessness occurs. There are many reasons for this such as decrease in oxygen circulation to the brain, changes in condition or in medications. It may be helpful to discuss these changes with your health care professional.

Gurgling sounds, often loud, may occur when a person is unable to cough up normal secretions. This does not normally cause any pain or discomfort.

The skin may begin to change colour and be cooler to the touch. Hands and feet may feel cool to the touch. Socks and gloves may help them keep warm.

...CONT

How do I get in touch with Manitoulin-Sudbury Community Care Access Centre?

Anyone can make a referral, with the permission of the individual being referred.

What services are offered by CCAC

- Nursing
- Personal support/homemaking
- Caregiver respite
- Physiotherapy
- Occupational therapy
- Speech therapy
- Dietetics
- Social work
- Access to Long-Term Care Homes
- Access to Complex Continuing Care at HRSRH (Sudbury Regional Hospital)
- Information about and referral to Community-Based services

...CONT

PALLIATIVE CAREGIVERS SUDBURY/MANITOULIN

303 York St., Suite 283
Sudbury, ON P3E 2A5
(705) 677-0077
www.warmhearts.ca

WHO Are We

Committed staff and trained Hospice Volunteer Visitors make up Palliative Caregivers Sudbury/Manitoulin.

Together we help to meet the emotional, spiritual, recreational, cultural, psychological and social needs of clients.

We seek to uphold a person's dignity by providing a caring presence. Our volunteers are screened, trained, and supported in their care for the terminally ill.

Call us early, we want to help.

EXPECTED DEATH

Physical Signs of Approaching Death:

Loss of appetite and decreased thirst are common. The body is beginning to shut down and does not need nourishment.

Urine output and bowel function will decrease. The person may lose control of bladder or bowel function as the muscles begin to relax.

Sleeping more is common. It may become more difficult to awaken the person. As death nears, the person may slip into a coma and become unresponsive.

Breathing patterns may change and may become noisy due to mucous collecting in the throat. You may notice shallow breaths with periods of no breathing. These patterns are normal and indicate the natural progression towards death.

...CONT

Pressure Ulcers:

Ask about avoiding this health hazard. How can I prevent my loved one from getting pressure ulcers or bed sores?

Incontinence:

Ask about protecting the patient from discomfort. How can I help my loved one with her/his incontinence or bedwetting?

Skin Care:

Ask about maintaining cleanliness and preventing dryness. How can I help my loved one take care of his/her skin so that it is clean and doesn't become dry?

...CONT

Palliative Caregivers Sudbury/Manitoulin believes...

- that our efforts must focus on enhancing quality of life
- that there is a natural death and grief process but that each individual or family will experience it differently
- that individuals and families must receive care and support during illness, death, and into bereavement
- that individuals and families have a right to dignity and privacy
- that we must be sensitive to the cultural, spiritual and linguistic needs of individuals and families
- that our volunteers who provide palliative care must receive the training, to carry out their work
- that palliative care is best provided by a team that includes the individual, family, physicians, palliative care staff and volunteers.

...CONT

Programs:

- **Hospice Palliative Care:**
- **Bereavement Support:**

Hospice palliative care is active, compassionate care for the terminally ill. Its aim is to enhance quality of life when a cure is no longer an option.

Such care is accomplished through a team of caregivers, headed by the terminally ill individual and can include: family members, caregivers, **volunteers**, community services personnel, health professionals and physicians.

The **Bereavement** Follow-up Program emphasizes a healthy grieving process and is aimed at providing follow-up support to caregivers and family members after the death of a Palliative client.

IMPORTANT QUESTIONS TO ASK THE NURSE

Lifting and Moving:



Ask about proper techniques. How can I protect my back while lifting and moving my loved one? Is my loved one too heavy to assist on my own?

Bedpans:

Ask about the proper techniques for using and sanitizing. How do I help my loved one use a bedpan and how do I sanitize it? Where will I get a bedpan?

YOU HAVE CHOICES

...CONT

Your loved one can get palliative care in several areas. It can be in the form of:

- Home care
- Hospital care
- Residential Hospice

OR

For respite care elsewhere call CCAC (522-3461) for availability to:

- Child Care Resources, 525-0055
- Extendicare Falconbridge, 566-7980
- Hillside Park Residence, 675-1999
- Lasalle Residence, 560-8787
- Maison "La Paix" House, 674-9252
- Palambro Palace, 523-5295
- Finlandia, 524-3137
- The Breezes, 522-6662
- The Walford, 523-2686
- The Westmount, 566-6221

Alzheimer Society (705) 560-0603

- Day Program: It offers supervised activities in a home like setting. A nominal daily fee will be charged.
- Respite Program: Provides in-home relief and support for the caregiver of the person with Alzheimer's.
- Support Groups: Through various types of support groups, families & those with Alzheimer's disease are able experience emotional relief.



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The Bereavement Foundation of Sudbury (705) 673-3182

- Support groups: (8 weekly sessions) led by trained facilitators. These groups provide mutual support, education and healing. Sessions offered several times throughout the year.
- Monthly education/information: Sessions are held the 2nd Tuesday of each month (Sept-June) at 7:30 p.m. at St. Joseph's Health Centre, 5th floor, Board Room Everyone welcome.



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Physical Pain:



Pain is subjective, which means it is as intense as the person says it is. Physical pain varies for everyone, no one feels pain in the same way as the next person.

Emotional Pain:



Emotional pain is an isolating ache. It pulls you back and disconnects you from a world that looks normal and satisfied compared to your inner turmoil.

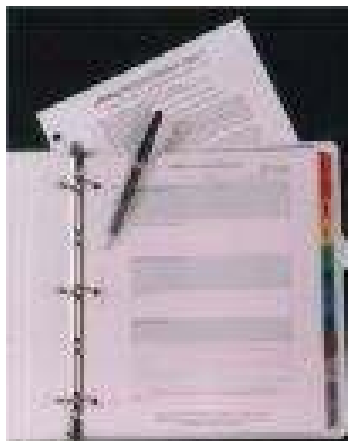
See pain diary in appendix II

PAIN MANAGEMENT DIARY

In dealing possibly with many health care providers, it is important to keep a record of the nature of pain your loved one may experience.

Does the pain change at different times of day? Before or after meals? With exercise? Does it keep your loved one from falling asleep or wake them up? What makes it better or worse?

All this information will help the health care team manage your loved one's pain, and keep them as comfortable as possible.



Canadian Cancer Society (705) 670-1234

- Support: Connect with survivor or caregiver who can speak to you about what it's like. 1-800-263-6750
- Transportation program: You must give at least 2 working days notice.
- Living with Cancer: Support Groups. Daffodil Terrace Lodge, 41 Ramsey Lk. Rd.

Canadian Red Cross (705) 674-0737

- Seniors' transportation program: Fees vary depending on location.

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Long-Term Care Facility (705) 522-3461

- Short-Stay Program: Respite Service provides caregiving duties. The Supportive Care service gives the resident time to regain strength & confidence, following for example, a stay in a hospital. You must call CCAC to access availability



TALK TO SOMEONE ABOUT YOUR FEELINGS

In order to cope with the constant demands of caregiving, you as a caregiver must come to terms with the multitude of feelings that will be constant in the process. Some of those feelings are: anger, trapped, tied-down, isolated, guilt, burn-out, stress, grief, or cheated. Call someone for help.

- **Family Services**
524-9629
- **Family Enrichment Centre**
670-0606
- **Walden Help Centre**
692-5831
- **All Nations Counselling Centre**
673-6110
- **Child and Family Centre**
525-1008

SUGGESTIONS ON HOW TO TREAT YOURSELF

Relax, meditate, or go for a walk. Read a book, see a movie, or get a massage. Chances are when you get back to the task at hand, you'll be able to take a new approach to caregiving. Call for fees.

Massage:

College Boreal, 560-6673



Movie:

Imax Theatre-Science
North, 523-4629

Rainbow Cinemas, 670-8885

Silver City, 521-0649

Theatre:

Sudbury Theatre Centre, 674-8381

Theatre Cambrian, 524-7317

Theatre Du Nouvel Ontario, 525-7317

Meals on Wheels (705) 525-4554

- Daily hot meals: Delivered daily, Monday to Friday. Fees apply.

Multiple Sclerosis Society

(705) 566-9299

- The Caregiver's Support Group:
(Sudbury)
For caregivers. Takes place at the MS Society office on the first and second Fridays of the month at 10 am.

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Regional Cancer Program of Sudbury Regional Hospital 522-6237 ext 2175

- Information: On various aspects of cancer 1-888-939-8888
- Support group: For Cancer Caregivers. To provide emotional support, information & skills development in a group setting.
- Information session: For Cancer Caregivers. To provide caregivers with information on cancer related issues, community resources & to address the social & emotional issues while caring for a loved one diagnosed with cancer

TAKE TIME FOR LEISURE

City of Greater Sudbury

www.city.greatersudbury.on.ca
(705) 671-2489

Take some time to review the City of Greater Sudbury's Leisure Guide. There are many interesting and exciting activities awaiting you.

- Fitness Classes
- Swimming
- Skiing
- Skating
- Computer classes
- Older adult clubs/centres
- Drawing/Painting classes



Take some time to do something just for yourself.

While you're out, schedule one of your support contacts to stay with your loved one.

See respite schedule in appendix I

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Sudbury Community Care Access Centre provides placement coordination for:

- Bignucolo Residence (Chapleau)
- Elizabeth Centre (Val Caron)
- Espanola Nursing Home (Espanola)
- Extendicare Falconbridge (Sudbury)
- York Street Extendicare (Sudbury)
- Finlandia Hoivakoti (Sudbury)
- Manitoulin Centennial Manor (Little Current)
- Manitoulin Lodge (Gore Bay)
- Pioneer Manor (Sudbury)
- St. Joseph's Villa (Sudbury)
- Wikwemikong Nursing Home (Wikwemikong)
- Complex Continuing Care at HRSRH

Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Sex	Girls and Boys		Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

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VON Canada, Greater Sudbury Site

(705) 671-1575

- Adult Day Centre: Activities are designed to assist families, & caregivers to deal with other's changing needs. ext 233

VON Canada, Ontario Sudbury Site

- Caregiver Program: (Sudbury, Espanola, Manitoulin) 671-1575 ext 257

Monthly education & support groups provide interactions & an opportunity to share with other caregivers.

- Volunteer Transportation:
(Espanola, Manitoulin)
(705) 869-3388 ext 228 Espanola
(705) 377-4225 Manitoulin

Transportation is available to the elderly, with physical limitations who do not have the resources to provide their own transportation, or where other forms of transportation are not available or are inaccessible.

EAT HEALTHY & GET ENOUGH REST

Food provides the fuel for activity and increased exercise, which improves circulation and the delivery of nutrients to body tissues.

Rest and sleep is also important for managing stress. When under stress you should allow time for rest and sleep.



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Make a list of things you need done, such as grocery shopping, laundry, errands, lawn care, housecleaning, and put it on your refrigerator. If someone asks you what they can do, you can show them the list.

Take a break from caregiving:

Even if it is only 15 or 20 minutes a day, make sure to do something for yourself.

Exercise, is a great way to take a break, decrease stress and increase your energy.



FINANCIAL AID

Caring for a loved one can be a financial challenge. As a caregiver, you may be eligible for various forms of assistance from the Government of Canada. Also call your **insurance company**. You may have coverage for medical services, or equipment. Keep all you medical receipts.



Income Tax

Line 315 - Caregiver amount

If you live with a relative, or your spouse or common-law partner, who is dependent on you because of a physical or mental infirmity, or in the case of a parent or grandparent, born in 1941 or earlier, you may be able to claim the caregiver amount.

...CONT

Line 330 - Medical expenses

for self, spouse or common-law partner, and your dependent children born in 1989 or later.

Employment Insurance

Sudbury Service Canada Centre
19 Lisgar St., Sudbury, On P3E 6L1
1-800-622-6232
www1.servicecanada.gc.ca

Compassionate Care Benefit

Employment Insurance (EI) provides Compassionate Care Benefits to persons who have to be away from work temporarily to provide care or support to a family member who is gravely ill with a significant risk of death.

Sickness Benefit

The gravely ill family member may be eligible to EI sickness benefits and disability benefits from the Canada Pension Plan. That person may apply for both benefits at the same time.

THINK ABOUT YOUR HEALTH: TAKE A BREAK

Ways to make your needs known:



Work Options:

If you are a working caregiver, it is important to discuss your needs with your employer.



Ask Others to Help:

You can and should ask other family members to share in caregiving. Friends and neighbours also may be willing to provide transportation, respite care, and help with shopping, household chores or repairs.

PRIVATE CARE PROVIDERS



Bayshore Home Health

2140 Regent St., South, Sudbury
523-6668
www.bayshore.ca

For Seniors Only

469 Bouchard St., Sudbury
522-0679
www.forseniorsonly.ca

Total Nursing Care Inc.

1375 Regent St., Sudbury
522-3191
www.totalnursingcare.com

We Care Home Health Services

2140 Regent St., Sudbury
523-4008
www.wecare.ca

...CONT

Canada Pension Plan

The Canada Pension Plan pays **disability** and **survivor benefits** for those who qualify.

1-800-622-6232
www1.servicecanada.gc.ca

Trillium Drug Program

1-800-268-1154
www.gov.on.ca/health



The Trillium Drug Program (TDP) is intended for Ontario residents who have a valid Ontario Health Card and who have high prescription drug costs in relation to their net household income. If you don't have private insurance coverage or if your private insurance does not cover 100% of your prescription drug costs.

Department of Veterans Affairs

For a list of services offered to veterans, please visit the web site below or call the toll-free number.

www.vac-acc.gc.ca
1-866-522-2122

Northern Health Travel Grant

Ministry of Health &
Long-Term Care
199 Larch St., Suite 801
Sudbury, ON P3E 5R1
(705) 675-4010



Travel grants are funded by the Ministry of Health and Long-Term Care to help defray the transportation costs for eligible residents of Northern Ontario who must travel long distances within Ontario or to Manitoba to receive medically needed insured specialty services that are not available locally.

CONTINGENCY PLAN

Caregivers need support. Respite provides support by providing a break from their daily responsibilities. Call someone from your support group and give yourself a break.

Group	Name	Number
Social Club		
Spiritual Group		
Friends		
Family		

...CONT

FUNERAL HOMES

- **Co-Operative Funeral Homes**
222 Lasalle Blvd, Sudbury
566-2100
- **Jackson and Barnard Funeral Home**
233 Larch St., Sudbury
673-3611
- **Lougheed Funeral Homes**
252 Regent St., Sudbury
673-9591
- **Memorial Society of Northern Ontario**
671-3753

ADVANCED CARE PLANNING



Decision Making—Has the person you are caring for told you their wishes for end-of-life care? In the event that you are asked to make or help make decisions it is important for you to talk about issues, including thoughts about potential life-prolonging treatments.

Advance directives—Tools that enable people to write down their preferences on a legal form and appoint someone to speak for them if they are no longer able. A living will, health care power of attorney, financial power of attorney, and a plan for funeral arrangements can help ensure peace of mind for the ill person as well as you, the caregiver.

...CONT**Power of Attorney Kits & Living Wills**

Ontario Government Building
 199 Larch Street, Suite 602
 Sudbury, Ontario P3E 5P9
 Tel: (705) 564-3185
 1-800-891-0503
www.attorneygeneral.jus.gov.on.ca/english/family/pgt/poakit.asp

Do Not Resuscitate (DNR) Registry

You can pick up forms in the emergency department at St. Joseph's Hospital. You can also get a copy on the web at:
<http://www.gov.ns.ca/heal/downloads/DNR%20form.pdf>

Pronouncing Death

Check with Community Care Access Centre (CCAC), to find out who can pronounce in your home. It does not have to be a doctor. There are several palliative care nurses who can pronounce.

...CONT**Organ and Tissue Donation**

Talk to your family. Your decision can make a difference.

Trillium Gift of Life Network

155 University Ave., Suite 1440
 Toronto, ON M5H 3B7
 (800) 263-2833
www.giftoflife.on.ca

Medication Clean Out

After your loved one has passed away, the medications are no longer needed. Please call the Greater City of Sudbury to obtain a medication clean out bag to dispose properly of the old medications.

Drop off at 1853 Frobisher St., Sudbury

OR

If you cannot drop them off call the Toxic Taxi at 560-9019, and a special collection truck will come right to your door.

Let's keep toxic medications away from children and off the street.