

# Palliative Care Patient/Family Resources & Information

## Important local resources:

Department of Health Continuing Care 1-800-225-7225 If you are in need of Home Care services (personal care, respite, light housekeeping, nursing care, hospital bed or home oxygen), a care coordinator will arrange a time to meet with you to complete an assessment as to which services you may be eligible for.

### Coordinators of Palliative Care Volunteers

- VON Kings County - Janet Ness (902) 690-2118
- VON Annapolis County – Carol Ward (902) 665-4804
- Mid Valley Palliative Care – Anna Goski – (902) 825-6160 Ext 280

Red Cross Home Support Services - (902) 678-0415 provides a variety of convalescent and support equipment on a short term loan basis

Canadian Cancer Society - 1-888-939-3333 Provides cancer information and support

Annapolis Valley Health Cancer Patient Navigator - (902) 690-3700 Cancer Patient Navigation is a service that helps guide cancer patients and their families through the maze of dealing with cancer.

Nova Scotia Family Pharmacare - 1-877-330-0323

This program is available to all Nova Scotians with a valid health card and there is no premium or fee to join the program

Annapolis Valley Health Palliative Care web page -

<http://www.avdha.nshealth.ca/programs/palliativecare.asp>

## Some Useful On-Line resources:

- [www.nshpca.ca](http://www.nshpca.ca) Nova Scotia Hospice Palliative Care Association
- <http://www.gov.ns.ca/health/ccs/> Department of Health Continuing Care
- [www.virtualhospice.ca](http://www.virtualhospice.ca) Canadian Virtual Hospice
- [http://www.calgaryhealthregion.ca/programs/advancecareplanning/103285\\_My\\_Voice\\_Short\\_Version\\_Workbook\\_2008-04\[1\].pdf](http://www.calgaryhealthregion.ca/programs/advancecareplanning/103285_My_Voice_Short_Version_Workbook_2008-04[1].pdf) Advance Care Planning Information

A more comprehensive **Patient Resource Manual** is available for no cost from the District Palliative Care Office. Call 542-6303.

