

**Donations made to the following funds  
support local Palliative Care services:**

**Annapolis West Health Foundation  
(Palliative Care Fund)**

821 St. George Street P.O. Box 242  
Annapolis Royal, N.S. B0S 1A0 Phone: (902) 532-2381  
**Supports:** Palliative Care service/resources at Annapolis Community Health Centre Ext: 137

**"Carey Me" – Supporting Palliative Care in the Home**

c/o Valley Regional Hospital Foundation  
P.O. Box 911  
Kentville, N.S. B4N 4H8. Phone: (902) 678-5414  
**Supports:** Palliative Care resources for patients being cared for at home throughout Annapolis Valley Health district

**Mid-Valley Palliative Care**

c/o Soldiers Memorial Hospital Attn: Anna Goski  
P.O. Box 730  
Middleton, N.S. B0S 1P0 Phone: (902) 825-3411  
**Supports:** Palliative Care volunteers/resources in Middleton area and at Soldiers Memorial Hospital

**Soldiers Memorial Hospital Foundation  
(Palliative Care Fund)**

c/o Soldiers Memorial Hospital  
P.O. Box 730  
Middleton, Nova Scotia B0S 1P0 Phone: (902) 825-3411  
**Supports:** Palliative Care at Soldiers Memorial Hospital

**Valley Regional Hospital Foundation  
(Palliative Care Fund)**

P.O. Box 911  
Kentville, N.S. B4N 4H8. Phone: (902) 678-5414  
**Supports:** Palliative Care at Valley Regional Hospital

**Victorian Order of Nurses (VON), Annapolis Valley Branch  
(Palliative Care Program)**

46 Chipman Drive  
Kentville, N.S. B4N 3V7 Phone: (902) 678-3415  
**Supports:** VON Palliative Care services in the Annapolis Valley

**VON Kings Hospice Foundation**

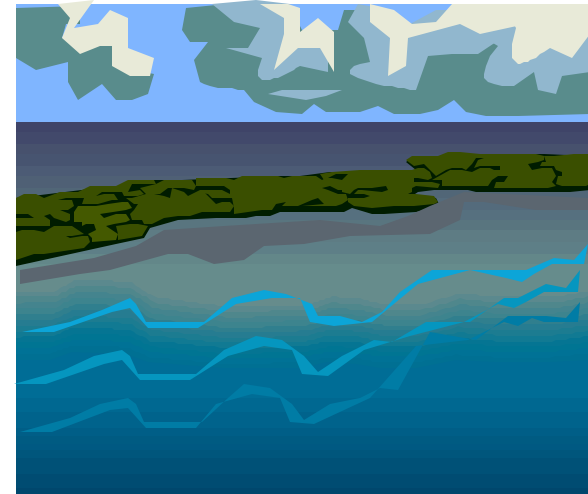
46 Chipman Drive  
Kentville, N.S. B4N 3V7 Phone: (902) 690-2123  
**Supports:** The establishment of a residential hospice in the Annapolis Valley

**For further questions, contact District Manager  
Shelagh Campbell-Palmer @ 902-542-2646**

Spring 2006

**PALLIATIVE CARE PROGRAM**

**Annapolis Valley  
Palliative Care  
Program**



*"Hope is to see in the eyes of another  
that you are understood"*  
H. Nouwen

**A partnership between....**



## Palliative care is...

a special kind of healthcare supporting individuals and families who are living with a life threatening illness.

**How?** Referral is through your family doctor. An assessment will be done by the Palliative Care doctor and/or a Dept. of Health care coordinator. They, along with you and your family doctor will make a decision regarding your future care needs. The palliative care doctor will work with your family doctor as a resource and to help guide your care.

**Who?** Patients who have been diagnosed with a progressive, life threatening illness. Treatment is based on the strength of a team approach, using the expertise of various health professionals and volunteers.

**When?** We recommend referral to the program early after diagnosis, before symptoms become a problem.

**What?** Pain & symptom management, social, spiritual and psychological support, help with decisions about treatments, support for family care-givers and end-of-life care.

**Why?** We believe that addressing the needs of individuals and families coping with serious illness can provide better quality of life near the end and increase the potential for meaningful experiences and provide opportunities for personal growth.

## Living fully...

The focus of palliative care is on living as well and fully as possible until the end. This can include;

- ◆ Living **free of pain** or having manageable pain
- ◆ Maintaining one's **dignity**
- ◆ Having one's decisions and choices **respected**
- ◆ Being treated with **honesty** and openness
- ◆ Having company of **family and friends**
- ◆ Being **cared for** and loved with respect and feeling free of being a burden
- ◆ Living and dying in **choice** of surroundings with comforting and familiar things nearby
- ◆ **Not dying alone**

**"There is a law in life,  
When one door closes to us,  
Another one opens"**

**André Gide**

Our program is a partnership of caring health professionals working together to guide you and your family through your illness. Be sure to ask when you have questions - do not hesitate to reach out to others at this time.