

Palliative Care Services

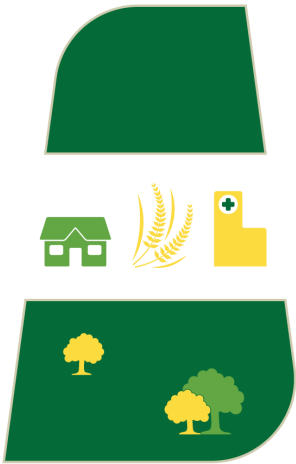
Integrated Rural Health
Southern Saskatchewan



CS-PIER-0136

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation,
acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



PIER—Patient Information and Education Resource

JANUARY 2024



Saskatchewan
Health Authority



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CS-PIER-0136

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What is Palliative Care?

Palliative care is a patient centered approach for you and your family allowing a chance to live life more comfortably. You and your loved ones are encouraged to be involved in planning your care and treatment while living with a life-limiting illness.

Palliative care provides support for you and your loved ones.

Who benefits from Palliative Care?

Anyone living with a serious illness such as cancer, heart disease, lung disease, kidney failure, multiple sclerosis, AIDS, cystic fibrosis or any other life limiting illness where individuals experience ongoing physical symptoms and emotional distress can benefit from palliative care.

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Who Do You Call?



Weyburn
1-306-842-8206



Moose Jaw
1-306-691-2095



Swift Current
1-306-741-3004/306-750-9379



Assiniboia
1-306-691-2095



Rosetown
1-306-882-5895



Estevan
1-306-637-3636



Broadview
1-306-696-5518



Canora
1-306-563-1291



Melville
1-306-760-2204



Yorkton
1-306-786-0778

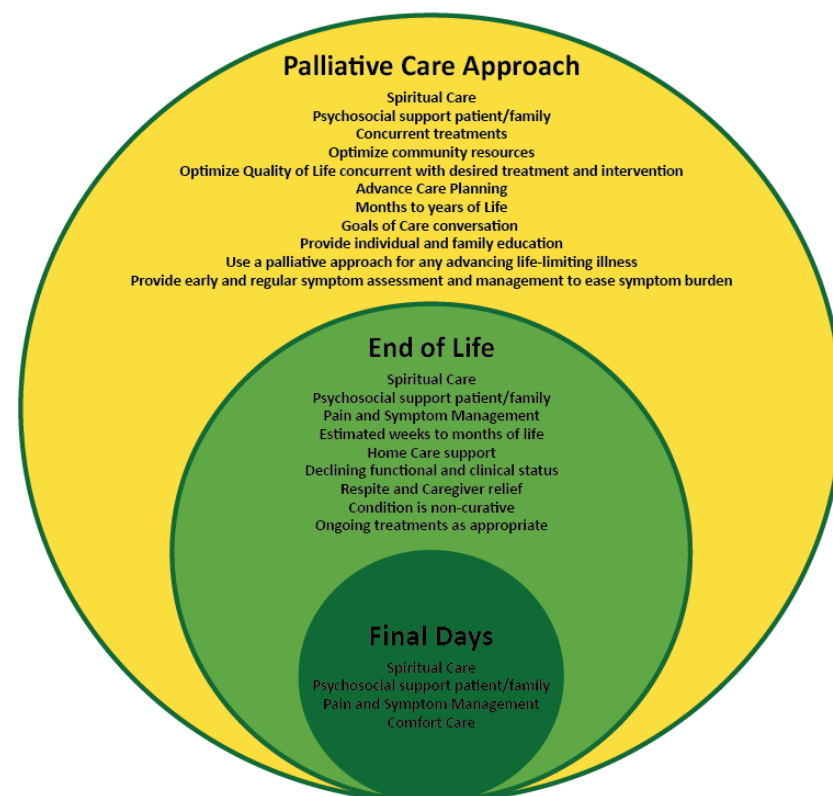


Please contact your local home care office.



Rose Valley/Kelvington
1-306-873-3645

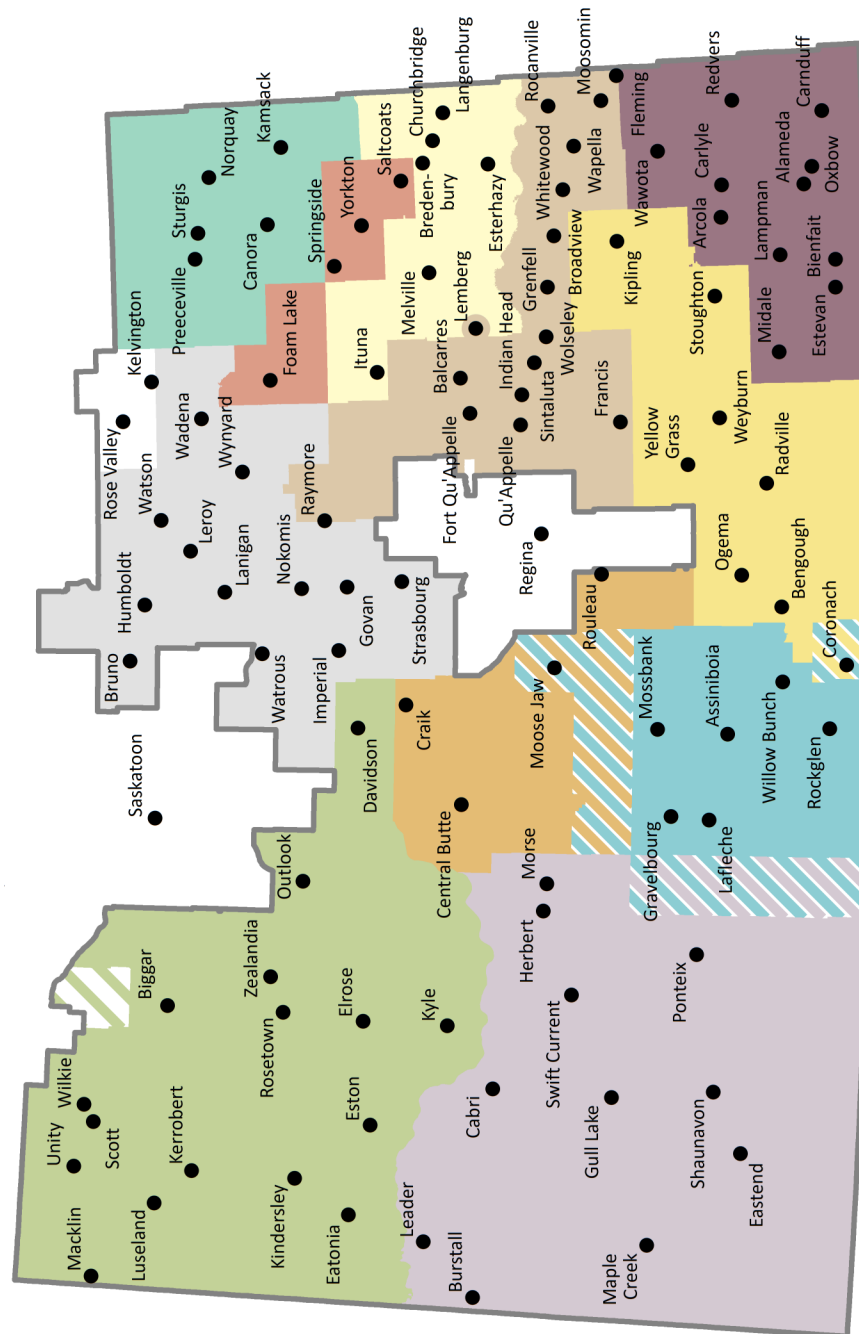
The Continuum of the Palliative Care Approach



Where is Palliative Care Provided?

Palliative care can be provided in any setting: within your home, Long-Term Care, or at the hospital.

If you think you need palliative care, ask for a palliative care referral now. Tell your healthcare provider that you would like to add palliative care to your treatment.



Who Provides Palliative Care?

Palliative care is provided by a team of professionals, including medical and nursing specialists, social workers, pharmacists, nutritionists, religious or spiritual advisors, and others as needed.

Once your individual needs are assessed, palliative care services may include the following:

- ◆ Consultation with a Palliative Care coordinator
- ◆ Nutritional supplements
- ◆ The provincial Palliative Oxygen Program
- ◆ The provincial Palliative Drug Plan
- ◆ Special equipment
- ◆ Symptom management and ongoing care
- ◆ Emotional and social support
- ◆ Spiritual support
- ◆ The opportunity to facilitate discussions on health care choices
- ◆ Opportunity to make or review your advanced health care decisions

When do I ask for Palliative Care?

Palliative care is not limited to individuals who are dying. It is available to you at any time during your illness. You can receive palliative care at the same time you receive other treatments.

Consider palliative care if you or a loved one:

- ◆ suffers from pain or other symptoms due to ANY serious illness
- ◆ has physical or emotional pain that is NOT under control
- ◆ needs help understanding a serious illness and discussing treatment
- ◆ is afraid of what the future holds

It is never too early to start palliative care.

How do I Access Palliative Care?

If you believe you or your loved one might benefit from palliative care, tell your healthcare team or call the number for your area as indicated on the following pages.