

Every life must come to an end, yet it may require great courage to accept the end-of-life journey. No one should have to travel down this road alone. Everyone should live the end of their lives with dignity and have their pain cared for.

This is not about dying: it is about living well to the end of your life. Your family doctor can help you access support from palliative health care professionals and volunteers who are here to help.

You are not alone.

You Deserve:

- To be a full partner in your care
- To have your pain cared for
- To have your decisions respected and followed
- To be treated with openness and honesty
- To receive quality care, even though goals may be changed from curative to comfort
- To be cared for by sensitive, compassionate, and knowledgeable people who will attempt to understand and fulfill your needs.

You are now living with a late-stage disease. Although this is a difficult and perhaps frightening time, you are not alone. There are supportive, compassionate, experienced people in our community who care for you. They can ease your pain and support you through this journey.

We're here to help you.
Contact us today.
705-942-1556 ext. 236

You are not
alone.

Living with a
Late-Stage Disease.



Early resource nurses to help you understand your late-stage disease.

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Your questions...

What is palliative care?

Palliative care supports people living with late-stage diseases. It provides care for the needs of patients and their loved ones, whether medical, psychological, social, spiritual, or practical.



Physicians, nurses, physiotherapists, occupational therapists, clergy, and social workers assist friends and family to ease the difficult end-of-life journey. Care can be provided at home, in hospitals, in nursing homes, or in residential hospices such as ARCH Hospice.

Palliative care considers dying as an important part of living, with pain and symptom management essential to providing comfort and quality of life. It allows those facing death, and their loved ones, to devote energy to embracing the time they have left together.

What will I experience with...

...my care?

You deserve to have your voice heard when it comes to your health care. Your needs and desires deserve to be respected by all of your caregivers, from your family physician, your nurses and therapists, to your family and friends.

Talk with your caregivers so that they are always aware of your concerns and wishes. Over time it will be easier for you to be open and honest with these difficult conversations.

...my prognosis?

You are part of the team that is caring for you at this stage of your life. You deserve to be told as much about your condition and its progression as you want to know at any time. Be open and honest about what – and how much detail – you want to know. Your loved ones can help too, attending physician and care meetings and taking notes.

"Embrace the current season of your life."

- Gabrielle Blair

...my feelings?

Nobody experiences a late-stage disease diagnosis in the same way. You may feel shock, numbness, disbelief, panic, helplessness, or hopelessness. You may feel angry or frightened, anxious or guilty, or terribly sad. Your mind may zigzag between emotions, or shut them out altogether. Any reaction is normal. There are no right ways to behave or feel, but there are palliative health care professionals who can help you understand and cope with your feelings.



...pain and other symptoms?

Palliative care understands two kinds of pain: physical and emotional. Physical pain and symptoms can be eased with the careful use of medication. Emotional pain is anguish that forms in a person's head and heart, and can be relieved by speaking with compassionate health care professionals.

...my concerns?

Palliative care professionals can provide answers to your questions about death. They aren't afraid to talk about it, and can respond with understanding and compassion.

"Life is pleasant. Death is peaceful. It's the transition that's troublesome."

-Isaac Asimov

Where can I find support?

ARCH Connect Resource Nurses can provide you and your loved ones with answers you seek about end-of-life services in our community. We are your advocates, ensuring your care needs are a priority to all of your care providers.

Remember, you are not alone.

