



Eastern  
Health

# PALLIATIVE CARE RESOURCE GUIDE



“Palliative care services are helpful, not only at end of life, but also at earlier stages in the illness.”

**PALLIATIVE CARE** is appropriate for patients who have received any diagnosis that will shorten life expectancy. Palliative care services are helpful, not only at end of life, but also at earlier stages in the illness.

Palliative care providers can focus on controlling pain and other symptoms, ensure adequate home support, assist with grief support, and educate and advocate for patients and families as needed. Research has shown that early integration of palliative care can improve a patient’s quality of life.

# QUICK REFERENCE GUIDE TO IMPORTANT NUMBERS

## EASTERN HEALTH

### Cancer Patient Navigator

Toll-Free: 1-855-848-3888

St. John's: (709) 777-2094 or (709) 777-2368

Clarenville: (709) 466-5763

### Aboriginal Patient Navigator

(709) 777-2199; (709) 777-2110; or (709) 777-8462

### Qalipu First Nation-NIHB Navigator

(709) 679-5743 or 1-855-675-5743

### Palliative Care Patient Navigator

Between 8 AM and 4 PM, Monday to Friday

Toll-Free: 1-855-690-7303 or (709) 777-7303

### Provincial On Call Palliative Care Physician

(709) 777-8610 (Consultations by telephone 8 AM to 10 PM)

### Community Support Program Intake

(709) 752-4942

<http://www.easternhealth.ca/WebInWeb.aspx?d=3&id=996&p=993>

### Pastoral Care

St. John's and Area: (709) 777-6959

### Grief and Bereavement Services

St. John's and Area: (709) 777-2167

## CENTRAL HEALTH

### Cancer Patient Navigator

Toll-Free: 1 (855) 848-3888 or (709) 256-5571

### Aboriginal Patient Navigator

(709) 777-2199; (709) 777-2110; or (709) 777-8462

### Qalipu First Nation-NIHB Navigator

(709) 679-5743 or 1-855-675-5743

### Palliative End of Life Care Team

Palliative Care Physician (Part-time)

Regional: (709) 489-6192

### Palliative Care Nurse Consultants

East: (709) 571-3149

Central: (709) 535-0926

West: (709) 489-4703

### Grief and Bereavement Consultant

Regional: (709) 235-1412

General inquiries: (709) 884-4268

## **WESTERN HEALTH**

### **Cancer Patient Navigator**

Toll-Free: 1-(855) 848-3888 or (709) 784-5010

### **Aboriginal Patient Navigator**

(709) 777-2199; (709) 777-2110; or (709) 777-8462

### **Qalipu First Nation-NIHB Navigator**

(709) 679-5743 or 1-855-675-5743

### **Palliative Care Office**

(709) 784-5414 or (709) 784-2700 ext. 2804

### **Western Health Palliative Care Support Line**

(709) 784-6415 or Toll-Free: 1-833-873-8608

### **Clinical Nurse Specialist**

(709) 784-2700 ext. 2663

### **Pastoral Care Services**

(709) 784-5224

### **Grief and Bereavement Services**

Regional Spiritual Health Manager

(709) 784-5224 or (709) 784-2700 ext. 2669

### **Bereavement Support Group**

(709) 634-4506

## **LABRADOR-GRENFELL HEALTH**

### **Cancer Patient Navigator**

Toll-Free 1 (855) 848-3888; St. Anthony: (709) 454-3999;

Happy Valley-Goose Bay: (709) 897-3115; Labrador City: (709) 285-8332

### **Aboriginal Patient Navigator**

(709) 777-2199, (709) 777-2110 or (709) 777-8462

### **Qalipu First Nation-NIHB Navigator**

(709) 679-5743 or 1-855-675-5743

### **Regional Palliative Care Coordinator**

(709) 454-0665

### **Community Support Program**

Central Intake Line: 1- 833-284-4751

## **INDIGENOUS CONTACTS**

### **Nunatsiavut Dept. of Health & Social Development**

Home Support Program Coordinator: (709) 896-5227

### **NunatuKavut Community Council**

Health and Social Sector Manager: (709) 896-0592 ext. 238

### **Sheshatshiu Innu First Nation**

Home and Community Care Coordinator: (709) 497-3834

### **Labrador-Grenfell Long Term Care**

(709) 896-2469

A dark teal silhouette of the province of Newfoundland and Labrador is positioned on the left side of the page. The map is divided into four colored regions: Labrador (orange), Grenfell (teal), Western (orange), and Eastern (orange).

# REGIONAL INTEGRATED HEALTH AUTHORITIES OF NEWFOUNDLAND AND LABRADOR

This Resource Guide has compiled palliative care services that are available across the island, and separated the information by region. Please select a region for more information:

**LABRADOR-GRENFELL**  
REGIONAL INTEGRATED HEALTH AUTHORITY

**WESTERN**  
REGIONAL INTEGRATED HEALTH AUTHORITY

**CENTRAL**  
REGIONAL INTEGRATED HEALTH AUTHORITY

**EASTERN**  
REGIONAL INTEGRATED HEALTH AUTHORITY

**ADDITIONAL**  
SUPPORTIVE SERVICES FOR ALL RHA'S

# EASTERN HEALTH

REGIONAL INTEGRATED HEALTH AUTHORITY

At Eastern Health, we believe in and respect the dignity of all persons. We believe that having the power to choose palliative care is an essential option. The palliative care team values the needs of the whole person — body, mind and spirit — and places patients and their families at the centre of our service.



# CANCER PATIENT NAVIGATORS

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To contact a Cancer Patient Navigator, please call **1 (855) 848-3888** (toll free), or call your the local Cancer Patient Navigator:

**St. John's:** (709) 777-2094 or (709) 777-2368

**Clareville:** (709) 466-5763

## PATIENT NAVIGATOR:

<https://cancercare.easternhealth.ca/patients-and-family/patient-navigation/>

## ABORIGINAL PATIENT NAVIGATOR

The Aboriginal Patient Navigator (APN) program has been navigating cultural and geographical barriers, and supporting First Nations, Inuit and Metis people, as they make their way through the acute care system.

**Contact:** (709) 777-2199; (709) 777-2110; or (709) 777-8462

**Qalipu First Nation-NIHB Navigator:**  
(709) 679-5743 or 1-855-675-5743

# PALLIATIVE CARE SERVICES

Regional Palliative Care Services are part of the Rehabilitation, Continuing Care and Palliative Care Program of Eastern Health.

## OUTPATIENT SERVICES

Services are available to anyone within the Eastern Health region who has obtained a palliative care referral from their health-care provider. Services include pain and symptom management, as well as grief and bereavement counselling.

## INPATIENT SERVICES

The Palliative Care Unit in St. John's is located at the Dr. L. A. Miller Centre (LAMC). This unit has 10 private rooms, two family lounges, a kitchen area and a quiet sacred space.

There are also dedicated beds located at the following facilities throughout the region:

- Dr. G. B. Cross Memorial, Clarenville;
- Burin Peninsula Health Care Centre;
- Bonavista Peninsula Health Care Centre;
- Carbonear General Hospital; and
- Dr. Walter Templeman Health Care Centre, Bell Island.



## **PALLIATIVE CARE PATIENT NAVIGATOR**

The Navigator is available between 8 AM and 4 PM Monday to Friday, by calling (709) 777-7303, or 1-855-690-7303 toll-free.

The Palliative Care Navigator is the first point of contact for both client and physicians.

### **Palliative Care Navigator E-Mail:**

medic.palliativecare@easternhealth.ca

## **PROVINCIAL ON-CALL PHYSICIAN**

An on-call palliative care physician is available province-wide to health professionals seeking information about palliative care and services.

Consultations are available by telephone between 8 AM and 10 PM, 365 days per year by calling (709) 777-8610.

## **LINKS:**

### **REFERRAL PROCESS AND FORM:**

<http://www.easternhealth.ca/Professionals.aspx?d=1&id=2419&p=81#Ref>

# COMMUNITY & HOME SERVICES

## PARAMEDICS PROVIDING PALLIATIVE CARE PROGRAM

In this program, trained paramedics are able to provide care to patients within their home when they are having an emergency associated with their condition, such as pain or symptom control.

The goal of the program is to support people living with life limiting conditions by providing the care they need at any time, day or night, and to assist them to remain comfortable at home, if this is what they wish, for as long as possible. The program is operational in the St. John's metro, with plans for expansion to other regions in 2021. Please call (709) 777-4605 for information.

Paramedics, Community Nurses and Social Workers assist patients in receiving care at home for as long as possible.

## COMMUNITY SUPPORT PROGRAM

The Community Support Program provides palliative care services in both the home and community clinic setting. Once eligible for palliative care, the individual can access services at home from community care nurses and social workers who can help provide relief from disease symptoms such as pain, nausea or stress and improve quality of life.

## COMMUNITY SUPPORT PROGRAM COORDINATORS:

### LINK:

<http://www.easternhealth.ca/WebInWeb.aspx?d=3&id=986&p=981>

## AT-HOME END OF LIFE CARE

When an individual has reached the final stages of their life, the Community Support Program offers additional services to provide comfort and support to the patient and their family in their own home.

End of life care at home is available across the Eastern Health region and includes a number of services, such as:

- Home visits
- Symptom treatment
- Equipment and other supplies
- Personal care
- Household management needs
- Respite for the main caregiver
- Medications

### LINK:

<http://www.easternhealth.ca/WebInWeb.aspx?d=3&id=986&p=981>



# LONG TERM CARE

Some Eastern Health facilities have private palliative care bed/room, while others do not. Long Term Care facilities in the Eastern region:

## **ST. JOHN'S AREA:**

- Agnes Pratt Nursing Home
- Dr. W. Templeman Health Care Centre (Bell Island)
- Pleasantview Towers
- Saint Luke's Homes
- St. Patrick's Mercy Home
- Salvation Army Glenbrook Lodge
- Caribou Memorial Veteran's Pavilion (LAMC)

## **OUTSIDE METRO AREA:**

- Blue Crest Nursing Home (Grand Bank)
- Carbonear Long-Term Care (Carbonear)
- Dr. A. O'Mahony Memorial Manor (Clareville)
- Golden Heights Manor (Bonavista)
- Lion's Manor Nursing Home (Placentia)
- U.S. Memorial Health Centre (St. Lawrence)

All of Eastern Health's Long Term Care facilities provide palliative end of life care to their residents.

Please contact your local home and community care clinic for more information on assessment for a personal care home and/or long term care placement.

## **LINK:**

<http://www.easternhealth.ca/WebInWeb.aspx?d=3&id=984&p=981>

Information about this services can also be accessed by calling the Intake Coordinator.

## **St. John's and Surrounding Area:**

(709) 752-4835

# SPIRITUAL AND EMOTIONAL CARE

## PASTORAL CARE

- Faith specific Pastoral Care available (including non-Christian faith groups)
- Spiritual care
- Spirituality support group for cancer patients
- Pastoral counseling
- Refer or self-refer to connect a patient with an appropriate pastoral/spiritual care provider.

**St. John's and Area:** (709) 777-6959

Beyond providing medical and physical support, spiritual and emotional support is an essential part of patient care.

## GRIEF AND BEREAVEMENT SERVICES

- Individual grief and bereavement counselling
- Grief and bereavement information and support groups throughout entire region
- Special events such as "Grieving: Coping with the Holidays"

**St. John's and Area:** (709) 777-2167

### LINK:

<http://www.easternhealth.ca/Professionals.aspx?d=1&id=320&p=81#PAL>

# CENTRAL HEALTH

REGIONAL INTEGRATED HEALTH AUTHORITY

The goal of palliative care is to assist in providing comfort and dignity for the person living with the illness, as well as the best quality of life for both the person and his or her family. Palliative care is planned to meet not only physical needs but also the psychological, social, cultural, emotional and spiritual needs of each person and their family.



# CANCER PATIENT NAVIGATORS

## CANCER PATIENT NAVIGATORS

Cancer Patient Navigators are located across the province. Their job is to support patients and families and help them access services.

To contact a Cancer Patient Navigator, please call **1 (855) 848-3888** (toll free), or call your the local Cancer Patient Navigator:

**Central Region:** (709) 256-5571

Cancer Patient Navigators are located across the province. Their job is to support patients and families and help them access services.

## ABORIGINAL PATIENT NAVIGATOR

The Aboriginal Patient Navigator (APN) program has been navigating cultural and geographical barriers, and supporting First Nations, Inuit and Metis people, as they make their way through the acute care system.

**Contact:** (709) 777-2199; (709) 777-2110; or (709) 777-8462

**Qalipu First Nation-NIHB Navigator:**  
(709) 679-5743 or 1-855-675-5743

# PALLIATIVE CARE SERVICES

Central Health does not have a Palliative Care Unit. However, there are 16 dedicated palliative care beds throughout the region.

- A.M. Guy Memorial Health Centre (1 bed)
- Baie Verte Peninsula Health Centre (1 bed)
- Carmelite House (1 bed)
- Central Newfoundland Regional Health Centre (1 bed)
- Connaigre Peninsula Health Centre (1 bed)
- Dr. Hugh Twomey Health Centre (2 beds)
- Fogo Island Health Centre (1 bed)
- Green Bay Health Centre (1 bed)
- James Paton Regional Health Centre (3 beds)
- Lewisporte Health Centre (1 bed)
- Notre Dame Bay Health Centre (1 bed)
- Valley Vista Senior Citizens' Home (1 bed)
- Y.K. Jeon Kittiwake Health Centre (1 bed)

## PALLIATIVE END OF LIFE CARE TEAM

### Palliative Care Physician (*Part-time*)

Regional – (709) 489-6192

### Palliative Care Nurse Consultants

East: (709) 571-3149

Central: (709) 535-0926

West: (709) 489-4703

### Grief and Bereavement Consultant

Regional: (709) 235-1412

For general inquiries regarding palliative care services or referral call:

**Clerical:** (709) 884-4268

### **LINK:** PEOLC TEAM REFERRAL FORM

[https://docs.wixstatic.com/ugd/d55165\\_12c93ff7d0ea42efb4ba875c2df19bd3.pdf](https://docs.wixstatic.com/ugd/d55165_12c93ff7d0ea42efb4ba875c2df19bd3.pdf)



# HOME & COMMUNITY NURSING PROGRAM

The **Community Supports Program** provides palliative care services in both the home and community clinic setting. Once eligible for palliative care, the individual can access services at home from continuing care nurses and community support social workers who can help provide relief from symptoms such as pain, nausea or stress and improve quality of life.

When an individual has reached the final stages of their life, the **Continuing Care Program** and **Palliative End of Life Care Program** offers additional services to provide comfort and support to the client and their family in their own home. End of life care at home is available across the Central Health region and includes a number of services, such as:

Paramedics, Community Nurses and Social Workers assist patients in receiving care at home for as long as possible.

- Home visits
- Symptom treatment
- Medical equipment and supplies
- Personal care for the client
- Household management needs
- Respite for main caregiver
- Medications including home oxygen
- Grief and bereavement support

## **LINK:** COMMUNITY SUPPORTS & NURSING SERVICES CONSULT

<http://chintranet/Forms/Home%20First/Home%20First%20Referral.pdf>

# LONG TERM CARE

Some facilities have a private palliative care bed/ room while others do not. Long Term Care facilities in the Central region are:

- **A.M. Guy Memorial Health Centre (Buchans)**
- **Baie Verte Peninsula Health Centre (Baie Verte)**
- **Bonnews Lodge (Badger's Quay)**
- **Carmelite House (Grand Falls-Windsor)**
- **Connaigre Peninsula Health Centre (Harbour Breton)**
- **Dr. Hugh Twomey Health Centre (Botwood)**
- **Fogo Island Health Centre (Fogo)**
- **Lakeside Homes (Gander)**
- **Lewisporte Health Centre (Lewisporte)**
- **Notre Dame Bay Health Centre (Twillingate)**
- **Valley Vista Senior Citizens' Home (Springdale)**

All of Central Health's Long Term Care facilities provide palliative end of life care to their residents.

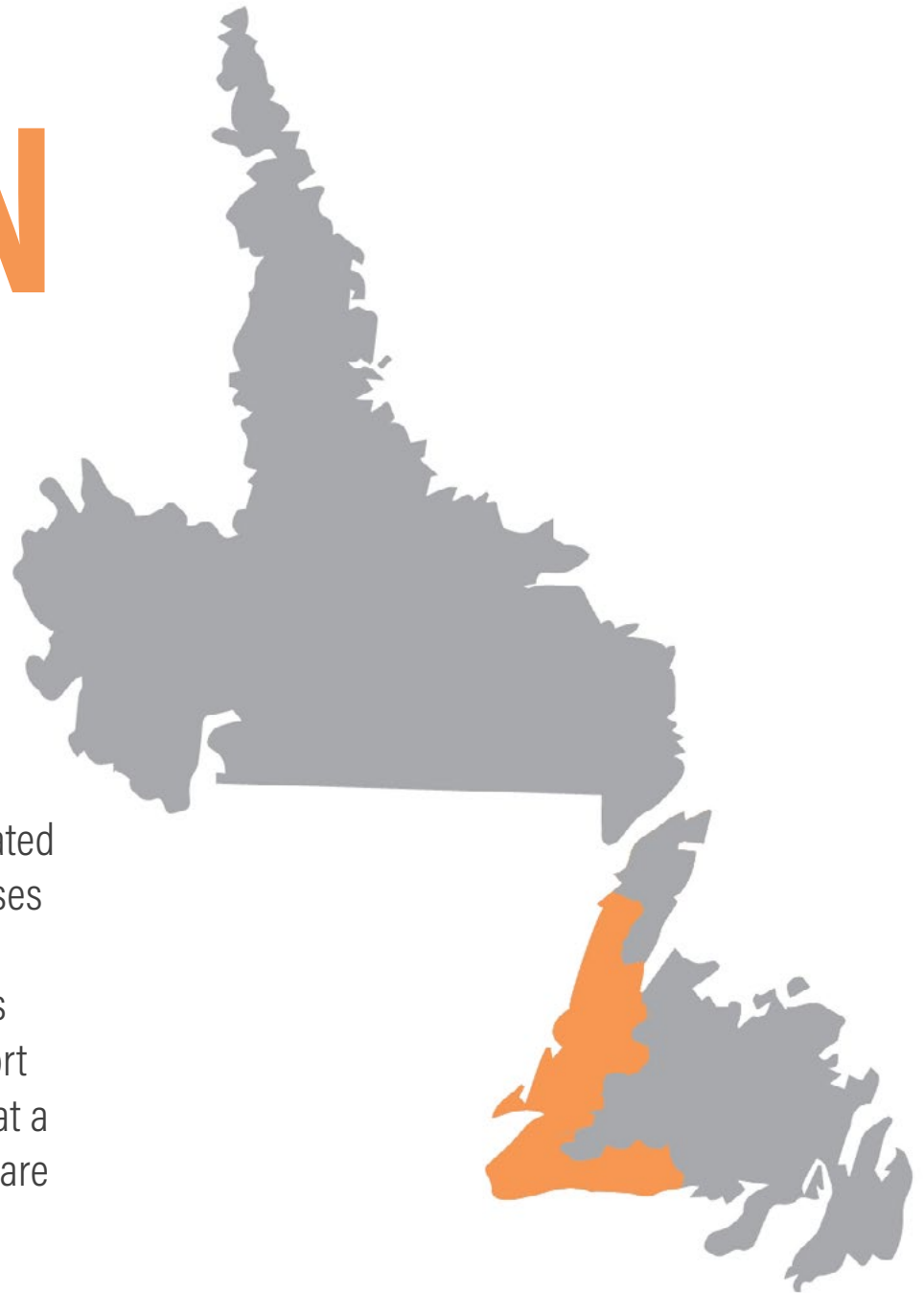
## **LINK: PEOLC TEAM REFERRAL FORM**

[https://docs.wixstatic.com/ugd/d55165\\_12c93ff7d0ea42efb4ba875c2df19bd3.pdf](https://docs.wixstatic.com/ugd/d55165_12c93ff7d0ea42efb4ba875c2df19bd3.pdf)

# WESTERN HEALTH

REGIONAL INTEGRATED HEALTH AUTHORITY

Western Health believes in and supports an integrated approach to palliative care. An approach that focuses on a person's and family's physical, psychosocial, and spiritual needs at all stages of a chronic illness or frailty. Palliative care strives in promoting comfort rather than attempting to cure. It can be provided at a setting of one's choice – home, hospital, personal care home, or long term care.



# CANCER PATIENT NAVIGATORS

## CANCER PATIENT NAVIGATORS

Cancer Patient Navigators are located across the province. Their job is to support patients and families and help them access services.

To contact a Cancer Patient Navigator, please call **1 (855) 848-3888** (toll free), or call your the local Cancer Patient Navigator:

**Western Region:** (709) 784-5010

Cancer Patient Navigators are located across the province. Their job is to support patients and families and help them access services.

## ABORIGINAL PATIENT NAVIGATOR

The Aboriginal Patient Navigator (APN) program has been navigating cultural and geographical barriers, and supporting First Nations, Inuit and Metis people, as they make their way through the acute care system.

**Contact:** (709) 777-2199; (709) 777-2110;  
or (709) 777-8462

**Qalipu First Nation-NIHB Navigator:**  
(709) 679-5743 or 1-855-675-5743

# PALLIATIVE AND END OF LIFE CARE

Regional Palliative Care Services are part of the Rehabilitation, Continuing Care and Palliative Care Program of Western Health.

## OUTPATIENT SERVICES

Services are available to anyone within the Western Health region who has obtained a referral to the specialist palliative care team from their health-care provider. Services include pain and symptom management, goals of care discussions, and grief and bereavement.

## INPATIENT SERVICES

There is a Palliative Care Unit located at Western Long Term Care Home. It has eight beds – six private rooms and one semi-private, a family room, a kitchenette and a private outdoor space.

There are also eight palliative care beds throughout the region:

- Sir Thomas Roddick Hospital (4 beds)
- Bay St. George Long Term Care (1 bed)

- Bonne Bay Health Centre (1 bed)
- Calder Health Centre (1 bed)
- Charles Legrow Health Centre (1 bed)

The specialist palliative care team also provides a consult service to inpatients of Western Memorial Hospital, Western Health Long Term Care Home, Corner Brook Long Term Care, and the regional Cancer Centre.

### **Palliative Care Office:**

(709) 784-5414 or (709) 784-2700 ext. 2804

### **Western Health Palliative Care Support Line:**

(709) 784-6415 or Toll Free: 1-833-873-8608

### **Clinical Nurse Specialist:**

(709) 784-2700 ext. 2663

# COMMUNITY BASED SERVICES

Palliative Care is provided to individuals of any age who are house-bound, and have a life-limiting or life-threatening illness. The focus of palliative care is to address symptoms, and concerns that impact the person's quality of life. It is delivered by a health care team and can include:

- Relief of pain and other symptoms causing discomfort
- Advance care planning/goals of care discussions
- Support for family and informal caregivers
- Support of cultural needs
- Support for emotional, social and spiritual needs
- Counselling and grief support.

Palliative care is not only for the end stage or last days of an illness. People can benefit from a palliative care approach at the diagnosis of a life limiting or life threatening illness.

## **LINK: REGIONAL HOME NURSING COORDINATOR**

<http://www.westernhealth.nl.ca/home/health-topics-main/palliative-care/>

## **LINK: COMMUNITY SUPPORT REFERRAL INTAKE DIRECTORY (PDF)**

[http://www.westernhealth.nl.ca/uploads/Palliative%20care/Graphic%20Standards%20\(Western\)%209.pdf](http://www.westernhealth.nl.ca/uploads/Palliative%20care/Graphic%20Standards%20(Western)%209.pdf)

# END OF LIFE AT HOME

In the Western Region, palliative and end of life care services are also available for people who wish to stay at home.

End of Life Care is the part of palliative care that is provided to clients in their last 8 weeks of life. It is an enhanced service in which the health care team works together to manage the illness, improve comfort, and enable the person to stay at home for as long as possible or to die at home if that is their wish. Services can include:

- Home support
- Equipment such as hospital bed, commode, and home oxygen
- Coverage for the cost of approved medications
- Coordination of care by a nurse case manager
- Education and support for the individual and family throughout the dying process.

**LINK:** REGIONAL HOME NURSING COORDINATOR:

<http://www.westernhealth.nl.ca/home/health-topics-main/palliative-care/>



# LONG TERM CARE

The Long Term Care Program of Western Health provides direct and indirect services that are aimed at meeting the diverse needs of residents/clients.

The program strongly supports community/home living for as long as possible with the resources of Western Health.

The Long Term Care Program provides comprehensive and holistic care, while enhancing quality of life, taking into consideration the uniqueness of each individual and the available resources.

There are dedicated palliative care beds located at the following facilities throughout the region:

Palliative care beds are located throughout the Western Region to support people being close to family and loved ones. Western Health supports a seamless transition through each care setting if or when that time is needed.

- **Western Long Term Care Home**  
(Corner Brook)
- **Bonne Bay Health Centre** (Norris Point)
- **Calder Health Centre** (Burgeon)
- **Dr. Charles L. Legrow Health Center**  
(Port Aux Basques)
- **Rufus Guinchard Health Center**  
(Port Saunders)



# SPIRITUAL AND EMOTIONAL CARE

Beyond providing medical and physical support, spiritual and emotional support is an essential part of patient care.

## PASTORAL CARE

At Western Health, Pastoral Care is offered as a component of the holistic and interdisciplinary approach to healthcare. It assists individuals to mobilize their spirituality, faith and religious resources to enhance their health and quality of life.

The role of the Pastoral Care Department is to coordinate the provision of spiritual and religious support to patients, their families and staff.

**Pastoral Care Services:** (709)-784-5224

## GRIEF AND BEREAVEMENT SERVICES

### **Regional Spiritual Health Manager:**

(709) 784-5224 or (709) 784-2700 ext. 2669

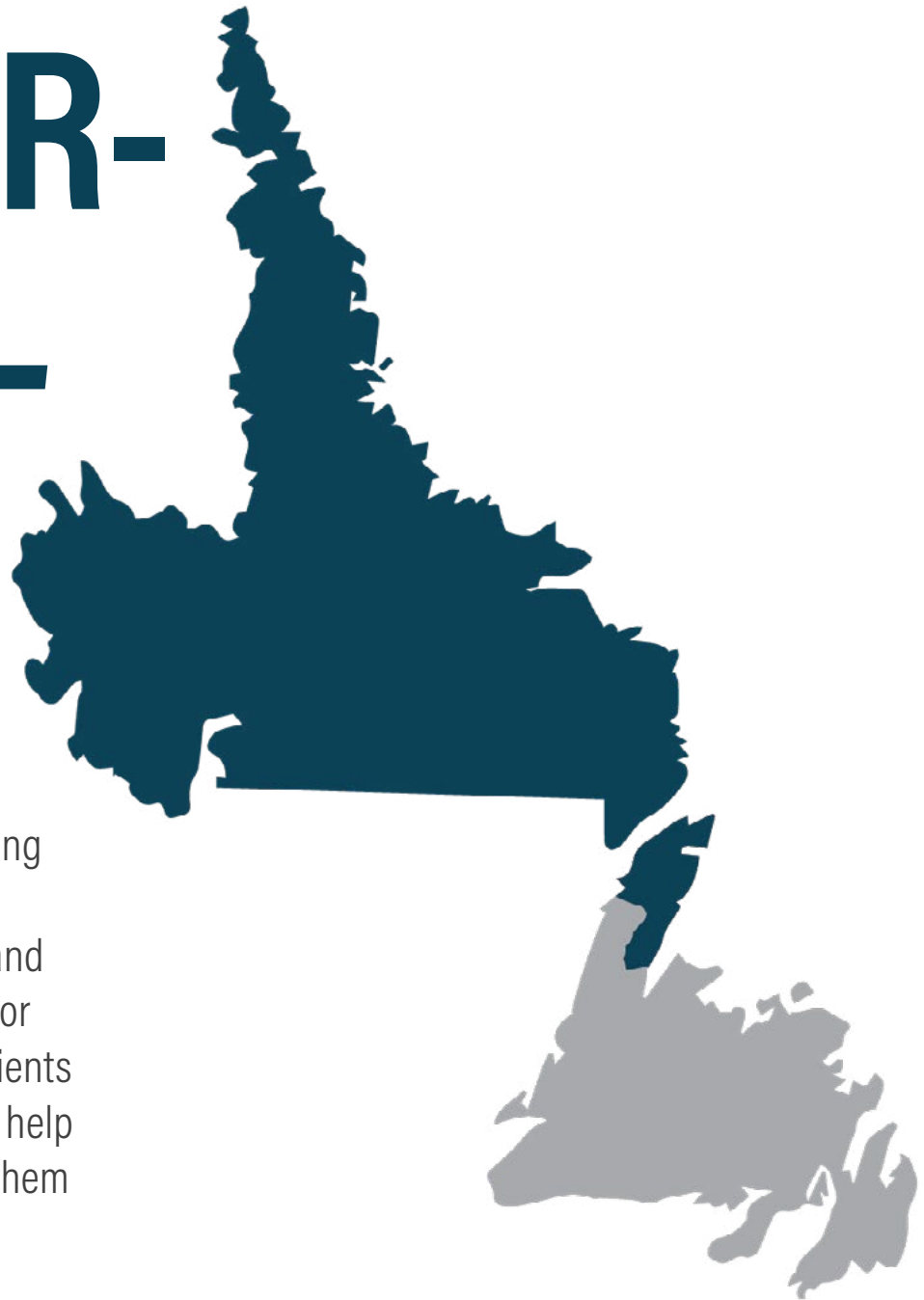
### **Bereavement Support Group:**

(709) 634-4506

# LABRADOR- GRENFELL HEALTH

REGIONAL INTEGRATED HEALTH AUTHORITY

Palliative care is a team approach aimed at improving the patient/family experience while facing life-threatening illness. It involves a holistic approach and includes the treatment, management and support for the physical, psychosocial, and spiritual needs. Patients and families are provided with a support system to help them live as actively as possible while supporting them during the bereavement process.



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- **St. Anthony:** (709) 454-3999
- **Happy Valley-Goose Bay:** (709) 897-3115
- **Labrador City:** (709) 285-8332

## ABORIGINAL PATIENT NAVIGATOR

The Aboriginal Patient Navigator (APN) program has been navigating cultural and geographical barriers, and supporting First Nations, Inuit and Metis people, as they make their way through the acute care system.

**Contact:** (709) 777-2199; (709) 777-2110; or (709) 777-8462

**Qalipu First Nation-NIHB Navigator:** (709) 679-5743 or 1-855-675-5743

# COMMUNITY AND HOME SERVICES

Services can also be accessed through Labrador-Grenfell Health facilities if support is required by patients and families. To access services please call:

**Labrador-Grenfell Region:** 1-833-284-4751

**Regional Palliative Care Coordinator:**  
(709) 454-0665

## HOME AND COMMUNITY CARE

Home and Community Care includes various programs such as: home care nursing; assessments for the institutional placement program; a home support program; palliative care; and a special assistance program which provides health care supplies, various equipment and other health related services to financially eligible persons who have chronic health conditions.

Palliative and end of life care services are available within the community setting, supporting patients and families in their homes.

## OUTPATIENT SERVICES

**Labrador Health Centre (Happy Valley – Goose Bay):**  
(709) 897-2296

**Labrador West Health Centre (Labrador City):**  
(709) 285-8374

**Dr. Charles Curtis Memorial Hospital (St. Anthony):**  
(709) 454-0316 or (709) 454-0324

**COMMUNITY SUPPORT REGIONAL SOCIAL WORKERS:**

**St. Anthony:**

(709) 454-3054 (Ext 4) or (Ext 1); Fax: 454-3386

**Roddickton:**

(709) 457-2284 (Ext 258 or 262); Fax: (709) 457-2293

**Flower's Cove:**

(709) 456-2401 (Ext 6274); Fax: (709) 456-2115

**Port Hope Simpson:**

(709) 960-0271 (Ext 230); Fax: (709) 960-0350

**Happy Valley-Goose Bay:**

(709) 897-3127/3125/3122; Fax: 896-2725

**Labrador City:** (709) 285-8171; Fax: (709) 944-3722

**CENTRALIZED INTAKE LINE:** 1- 833-284-4751

**INDIGENOUS CONTACTS:**

**Nunatsiavut Dept. of Health & Social Development**

HOME SUPPORT PROGRAM COORDINATOR

(709) 896-5227

**NunatuKavut Community Council**

HEALTH AND SOCIAL SECTOR MANAGER

(709) 896-0592 ext. 238

**Home and Community Care Coordinator**

SHESHATSHIU INNU FIRST NATION

(709) 497-3834

# LONG TERM CARE

Labrador-Grenfell Health offers a range of long-term care services, including regional assessment and placement, recreational therapy, planning and direction for long term care beds in St. Anthony, Happy Valley – Goose Bay, Labrador City and Forteau.

Program responsibilities include the single point entry admission process, and monitoring and licensing of personal care homes operating within the region.

In selected locations, social work and physiotherapy services are offered through qualified professionals.

**Contact Information:** (709) 896-2469

# ADDITIONAL SUPPORT SERVICES

## **MAID - Medical Assistance in Dying**

Medical assistance in dying became legal in June 2016 and is governed under federal law. It is the administering by a doctor or nurse practitioner of a substance to a patient, at their request, that causes their death or, the prescribing or provision by a doctor or nurse practitioner of a substance to a patient, at their request, so that they may self-administer the substance and in doing so cause their own death.

Although MAID is not offered by the palliative care team, it can be part of end of life discussions. A patient can request information about MAID from any member of their health care team. A referral to the palliative care team is not needed for a patient who is interest in having a discussion surrounding MAID.

## **LINK: MEDICAL ASSISTANCE IN DYING FAQ (PDF)**

[https://www.health.gov.nl.ca/health/faq/pdf/medical\\_assistance\\_dying.pdf](https://www.health.gov.nl.ca/health/faq/pdf/medical_assistance_dying.pdf)

## **EASTERN HEALTH:**

**Questions:** (709) 777-2250

**Referrals:** (Fax) 709-777-7774

**Email:** maid@easternhealth.ca

## **CENTRAL HEALTH:**

**Questions:** (709) 533-2374

**Referrals:** (Fax) (709) 292-2249

**Email:** maid@centralhealth.nl.ca

## **WESTERN HEALTH:**

**Questions:** (709) 637-5000

**Referrals:** (Fax) (709) 637-5159

## **LABRADOR-GRENFELL HEALTH:**

**Questions:** (709) 897-2350

**Referrals:** (Fax) (709) 896-4032

**Email:** maid@lghealth.ca

## ON-LINE RESOURCES

**Canadian Virtual Hospice** - Contains information and support on palliative and end-of-life care, loss and grief. There is information to support family and friends providing care; discussion forums where patients and families can connect online with others and find information, encouragement and support.

**LINK:** [http://virtualhospice.ca/en\\_US/Main+Site+Navigation/Home.aspx](http://virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx)

**Canadian Hospice Palliative Care Association** - The CHPCA is defined as the national voice for Hospice Palliative Care in Canada. CHPCA advances and advocates for quality end-of-life/hospice palliative care in Canada and has a volunteers Board of Directors composed of hospice palliative care workers and volunteers from the Canadian provinces as well as members-at-large. The website contains a variety of resources for family and caregivers, health care professionals and volunteers.

**LINK:** <http://www.chpca.net/>

**Speak Up: Advance Care Planning Resources** - The Speak Up Campaign is part of a larger initiative – Advance Care Planning in Canada – and is overseen by a National Advance Care Planning Task Group comprised of individuals representing a spectrum of disciplines, including health care, law, ethics, research and national non-profit organizations. This website has a variety of Advance Care Planning resources for health care professionals, patients and families, educators and community organizations.

**LINK:** <http://www.advancecareplanning.ca/>

**Dying with Dignity Canada**- National not-for-profit organization committed to improving quality of dying, protecting end-of-life rights, and helping Canadians avoid unwanted suffering. Information on Medical Assistance in Dying is included, as well as contacts for MAID in all NL Regional Health Authorities.

**LINK:** <https://www.dyingwithdignity.ca/>



## **Equipment and Medical Supplies**

There are a number of private equipment supply companies located across the province. The Canadian Red Cross has a Health Equipment Loan Program (HELP) at 3 sites across the province:

**Newfoundland and Labrador Provincial Office  
Short Term Loan Program: (709) 758-8400**

**Central Service Centre Short Term Loan Program:  
(709) 489-5522**

**Western NL Service Centre Short Term Loan  
Program: (709) 634-4626**