



*Your journey  
is our journey,  
too.*

## OUR MISSION

The mission of The Good Samaritan Society is to extend Christian Hospitality through a continuum of care to those in need or at risk, regardless of race or religious belief.

## OUR VISION

The Good Samaritan Society will grow in strength, excellence and creativity in caring for others.

## OUR VALUES

### Healthy Relationships

In a spirit of compassion, we work in supportive partnerships and open our hearts to others by affirming their goodness and potential.

### Hospitable Environments

We provide safe, comfortable communities inspiring involvement, where people experience a sense of caring, belonging and purpose.

### Servant Leadership

We lead through giving of ourselves in service to others, by acting with courage in a trustworthy and ethical manner.



THE  
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SAMARITAN  
SOCIETY

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CANADA

[www.gss.org](http://www.gss.org)

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# Palliative Care

A guide for residents  
and families.



## What is Palliative Care?

Dealing with the symptoms of any painful or serious illness is difficult. However, special care is available to make you more comfortable right now. It's called palliative (pal-lee-uh-tiv) care.

You can receive palliative care at the same time that you are receiving treatments for your illness. Its primary purpose is to relieve the pain and other symptoms you are experiencing and improve your quality of life.

Palliative care can be provided in a variety of settings including hospitals, care homes, and at your home.

## If you need palliative care, does that mean you're dying?

The purpose of palliative care is to address distressing symptoms such as pain, breathing difficulties or nausea, among others. Receiving palliative care does not necessarily mean you are dying.

## How to get started with Palliative Care

Whether you or a family member have been given a diagnosis of a life threatening illness, you may be feeling overwhelmed as you face change and loss. It is normal to feel this way and to experience a range of emotions.

When you are ready, we can help you work with your health care providers to:

- talk about your feelings and work out a plan that meets your needs;
- change your treatment plan if your condition changes or your feelings change; and
- discuss the risks and benefits of changing or stopping any treatments.

## Talk to Us

Talking about living and dying may be difficult yet valuable especially when it enables you to spend time with your loved ones. With an emphasis on open communication and heartfelt insights, your journey takes on added meaning and provides loving memories that can last for generations.

Good Samaritan staff are here to support you on your journey. Let us know what information you need and how you would like to receive it. The more knowledge and support you and your family have, the more in control and able to cope you may feel.

## Who provides Palliative Care?

We believe that our residents and clients are at the centre of the care team and that decisions are influenced by their history, culture and values.

At this stage of life, the needs of you and your family may be complex; a team approach is essential to capture your wholeness, as a person. The interdisciplinary team model is a means to allow a greater perception of who you are, have different people hear your story and have different backgrounds to interpret what is being said. This team will then come together and shape a plan of care that is centered on your needs and the needs of your family.

In addition to your family doctor, your team may include specialist doctors, nurses, pharmacists, social workers, volunteers, care aides, physiotherapists, recreation therapists, dietitian, chaplains, and others.

## Our Commitment

The Good Samaritan Society offers a support system to help you and your family live life to the fullest. We are committed to upholding your autonomy, choice, and dignity.

We also try to extend care to the people who matter to you. When it gets to the point that death is inevitable, our staff will help provide comfort, assist to have your family around you during this difficult time, and ensure that there will be people to support your family afterwards.

We have policies and procedures that are available to you should you wish to know more about our Palliative Approach to Care. You can ask our Site Managers or any members of your interdisciplinary team for a copy.

## Palliative Care Resources

**Canadian Virtual Hospice** Information and support on palliative and end-of life care, loss and grief: [www.virtualhospice.ca](http://www.virtualhospice.ca)

### Canadian Hospice Palliative Care Association (CHPCA)

Website: [www.chpca.net](http://www.chpca.net)

### ALBERTA

#### Alberta Health Services Palliative and End of Life Care

Website: [www.albertahealthservices.ca/info/page14778.aspx](http://www.albertahealthservices.ca/info/page14778.aspx)

#### Alberta Hospice Palliative Care Association

Phone: 403-206-9938

Website: [www.ahpca.ca](http://www.ahpca.ca)

#### Caregivers Alberta

Phone: 1-877-453-5088

Website: [www.caregiversalberta.ca](http://www.caregiversalberta.ca)

#### CompassionateAlberta.ca

#### Covenant Health Palliative Institute

Phone: 780-735-9637

Website: [www.covenanthealth.ca/innovations/palliative-institute](http://www.covenanthealth.ca/innovations/palliative-institute)

### BRITISH COLUMBIA

#### British Columbia Hospice and Palliative Care Association

Phone: 604-267-7024

Website: [www.bchpca.org](http://www.bchpca.org)

#### BC Bereavement Helpline

Phone: 1-877-779-2223

Website: [www.bcbereavementhelpline.com](http://www.bcbereavementhelpline.com)

#### Victoria Hospice Society

Phone: 250-370-8715

Website: [www.victoriahospice.org](http://www.victoriahospice.org)