

A GUIDE THROUGH PALLIATIVE CARE

What is Palliative Care?



- Helps individuals and their supports (for example: family and friends) who are coping with the physical, emotional, social, and mental health concerns caused by living with a life-threatening illness.

What is the Timmins Integrated Palliative Care Team (TIPCT)?



- A team of community professionals who work with patients and primary care providers to provide Palliative Care that is appropriate, timely and relevant to individual personal goals of care.

What are the services that the TIPCT provides?



- Services can include access to a Primary Care Provider; pain and symptom management; safety and equipment needs; in-home services; nutritional counselling; mental health counselling services; and a Patient Navigator.

What is a Patient Navigator?



- Assists with community referrals, Advanced Care Planning, and counselling.
- Can be reached at 705-531-5186 ext. 305

What is Advanced Care Planning?



- A conversation that asks about values, wishes and instructions to help prepare for future decisions. This conversation can also entail information about Substitute Decision-Making (SDM). For further questions: <https://www.advancecareplanningontario.ca/>

How do we accept referrals?



- We accept referrals for Timmins and its surrounding area from a variety of sources including patients, family/friends, doctors, nurse practitioners, and allied health professionals.

CRISIS LINES

- 1) Timmins and District Hospital Crisis Line: 705-264-3003 or 1-888-340-3003.
- 2) Suicide Crisis Helpline: 988
- 3) Hopeforwellness.ca: 1-855-242-3310