

Pathfinder series: Palliative and End-of-Life Care

This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

Books and Audiovisual

Being With Dying: Cultivating Compassion and Fearlessness in the Presence of Death / Joan Halifax. 10.4.10 2008

The author's work, inspired by Buddhist teachings, is a source of wisdom for all those who are charged with a dying person's care, facing their own death, or wishing to explore and contemplate the transformative power of the dying process. Includes guided meditations to help readers contemplate death without fear.

What Dying People Want: Practical Wisdom for the End of Life / David Kuhl. 10.2.6 2002

Dr. Kuhl's book is a source of wisdom and practical help to everyone seeking to understand the emotional needs and physical concerns of dying people. An important guide for all those who must confront terminal disease.

Being Mortal: Medicine and What Matters in the End / Atul Gawande. 10.2.0 2014

The author, a practicing surgeon, addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families at the end of life. Gawande offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified.

The Conversation: A Revolutionary Plan for End-of-Life Care / Angelo E. Volandes. 10.4.8 2015

Through the stories of seven patients with seven very different end-of-life experiences, this book demonstrates that what people with serious illnesses, nearing the end of their lives need most is not new technologies but one simple thing: The Conversation. He argues for a radical reenvisioning of the patient-doctor relationship and offers ways for patients and their families to talk about this difficult issue to ensure that patients will be at the centre and in charge of their medical care.

Sacred Passage: How to Provide Fearless, Compassionate Care for the Dying / Margaret Coberly. 10.4.17 2002

The author offers practical advice on the physical, emotional, and spiritual dimensions of caring for the dying. Readers will learn what to expect during the dying process, how to establish a peaceful environment for the dying, and much more.

Handbook for Mortals: Guidance for People Facing Serious Illness / Joanne Lynn and Joan Harrold. 10.4.7 1999

Handbook for mortals was written for those who wish to approach the final years of life with greater confidence about how to make the end of life a time for growth comfort and meaningful reflection. It contains practical information combined with gentle insight, and includes personal stories.

Saying Goodbye: A Guide to Coping With a Loved One's Terminal Illness / Barbara Okun and Joseph Nowinski. 10.4.14 2011

The authors help guide readers through the complex journey of loss, and introduce and explore the five stages – crisis, unity, upheaval, resolution, and renewal – and offer tools to help readers navigate their way through the realities of death and dying.

Websites

Canadian Virtual Hospice <http://www.virtualhospice.ca/>

The Canadian Virtual Hospice provides support and personalized information about palliative and end-of-life care to patients, family members, health care providers, researchers and educators. Includes information on managing pain, talking to children, spiritual health, communication, final days and much more.

Hospice Palliative Care Ontario <http://www.hpcoco.ca/category/public-information>

Hospice Ontario's website is a helpful site for anyone looking for hospice information and care in their community. Includes links to other organizations, a list of frequently-asked-questions, where to find support, Advanced Care planning resources, caregiving information, and more.

Canadian Hospice Palliative Care Association <http://www.chpca.net/>

Advocating for quality end-of-life/hospice palliative care in Canada, the CHPCA's work includes public policy, public education and awareness. The website provides information about services and resources for caregivers, information about advance care planning, resources for Aboriginal patients and caregivers, and much more.

Growth House <http://growthhouse.org/>

Growth House, Inc. provides education about life-threatening illness and end of life care. Their primary mission is to improve the quality of compassionate care for people who are dying through public education and global professional collaboration. Use Growth House to search for the most comprehensive collection of reviewed resources for end-of-life care, palliative medicine, and hospice care available online.

Living Lessons <http://www.living-lessons.org/>

The **Living Lessons**[®] campaign is a national initiative providing resources for patients, caregivers and healthcare professionals involved with end-of-life care in Canada. As well as information for patients and caregivers, the website offers personal stories, photos and guidance for those needing assistance with end-of-life care.