

About SCHC

Scarborough Centre for Healthy Communities (SCHC) is one of the most established and comprehensive community health organizations in Ontario. We are dedicated to meeting the diverse, holistic health needs of the communities of Scarborough by addressing the physical, mental, social, financial aspects of their health. Through the promotion of healthy lifestyles and delivery of a range of culturally competent health and social services, we cultivate vital and connected communities.

What is Hospice Palliative Care?

HPC is a **philosophy of care** that informs how we work with people who are diagnosed with a progressive, life-limiting illness. Hospice palliative care is a continuum of services that aims to relieve pain and suffering and works to support the best possible quality of life until the end of life (and beyond for family/friends/caregivers).

Contact Us

**Scarborough Centre for
Healthy Communities**
2660 Eglinton Ave East (at Brimley)
Scarborough, ON M1K 2S3
Call us at: **416-642-9445 ext. 4111**

For more information on other SCHC programs or services please visit us at www.schcontario.ca



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Charitable Registration No: 13036 4276



Community Hospice Program

Your Journey....Your Choices.



HOSPICE PALLIATIVE CARE

When you or someone you love has been diagnosed with a life-limiting illness, hospice palliative care promotes the best possible quality of life for you and your family when the focus shifts from curing to caring.

Your Journey. Your choices.

WE WORK AS A TEAM

Registered and allied health professionals along with professionally screened, educated volunteers, offer a suite of services to you and your family/caregivers.

We want to make sure that everyone is working with you towards the same goal.

Our aim is to ensure that you are able to live fully, safely and confidently in the setting of your choice.

We also provide bereavement care to people who have experienced the death of someone close to them.

We know that with the right support, services and information, living with a life-limiting illness and caring for someone to the end of life can be manageable and meaningful for all involved.

WE OFFER A VARIETY OF SERVICES

An RN, Palliative System Navigator, with specialized knowledge in Palliative Care, will ensure you and your family are connected to the services most needed. We will be with you throughout your journey.

- *Help with navigating the healthcare system*
- *Expert Palliative Care*
- *Education and support for you and your family*
- *24/7 on call coverage*
- *Day Hospice & Caregiver Support Group*
- *Psychosocial Spiritual Care*
- *Bereavement Care*
- *Pain & Symptom Management Consultation for clinicians*
- *Someone to listen*
- *Confidential, consistent and reliable connections with people who are trained to be with someone on this unique journey*

Community and self-referrals accepted. All referrals will be assessed for eligibility and linked to appropriate services. To find out more information about how we can support you and your family please call **416-642-9445 ext. 4111**

PLANNING AHEAD

We know that with the right support, services and information, caring for someone to the end of life can be **manageable and meaningful** for all involved.

Connecting with us early on will help families better understand their loved one's wishes and may ease the way when there are difficult decisions to make down the road. The sooner you connect with us to help you make the best possible plan, the sooner you can focus on living instead of on dying.



For more information about Hospice services in Ontario and Canada:

Hospice Palliative Care Ontario – hpcoco.ca
Canadian Hospice Palliative Care Association – chpca.net
Central East Hospice Palliative Care Network – centraleastlhincan.ca
Canadian Virtual Hospice – virtualhospice.ca