

# Palliative Care at CHEO: It's all about living

The CHEO Palliative Care Outreach Team enhances the quality of life of children, youth and their families living with progressive, life limiting illnesses.



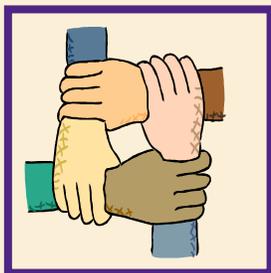
## What is palliative care for children and youth?

Palliative care for children, youth and their families is a comprehensive and active approach to medical care that:

- Focuses on the quality of life for the patient and support for the family
- Is developmentally appropriate and tailored to the needs of each child and family
- Takes a holistic approach, providing physical, emotional, social and spiritual support
- Respects your culture and beliefs
- Is helpful when curative treatment is no longer feasible, but can also proceed alongside active treatment
- May continue for many years
- Can start from the time of diagnosis and even before a child is born

## Palliative Care Outreach Team

Our team is made up of many health professionals working together:



Nurse Manager  
Medical Director  
Physicians  
Advanced Practice Nurse  
Registered Nurses on-call  
Volunteer Coordinator  
Social Worker  
Child Life Specialist  
Other consultants as needed

## How can the Palliative Outreach Care team help my child or teen and our family?

The Palliative Care Outreach Team can help by:

- Being available to you and your primary care team 24 hours a day, 7 days a week
- Managing pain and upsetting symptoms
- Offering home and in hospital visits
- Collaborating with your medical team to coordinate services and supports
- Offering ethical counseling to help you work through choices and decisions
- Giving emotional and bereavement support
- Helping you to make memories and create a legacy for your child or teen
- Supporting other professionals caring for your family and child or teen
- Linking eligible families with Roger's House services and supports



## Who qualifies for palliative care services?

Palliative care services are available to:

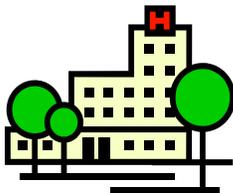
- Children and youth under 18 who have a life limiting illness with a progressive decline
- Families who are willing to face (with the support of our team) the challenging issues that come with a child's illness
- Families whose primary care team supports a referral to palliative care



Early referrals help families develop therapeutic relationships with the palliative care team.

## Where can we receive palliative care and supports?

The Palliative Care Outreach Team offers services and support in several settings.



At CHEO or your community hospital



In your home



At Roger's House

## What is Roger's House?

Roger's House is an 8 bed residential hospice for children, youth and their families, located on the CHEO campus.

Roger's House offers:

- Respite and family care
- Family support
- Pain and symptom management
- Transition to home from hospital, after surgery or illness
- End of life care
- Grief and bereavement support.

## How can I get palliative care support for my child?

If you think your child, teen, family or primary care team could benefit from our services and support, ask your pediatrician or CHEO doctor to send a referral to the Palliative Care Outreach Team.

## Numbers to Know

For general inquiries about the CHEO Palliative Care Team, services and referrals:

Call: 613-523-6300 Ext. 600

Fax: 613-523-3617

Monday to Friday

8:30-4:30

For urgent needs at any other time, call the Palliative Care Nurse or Doctor on-call.

To reach the nurse or doctor on-call:

1. Dial 613-737-7600
2. Press "0" for the operator
3. Ask the operator to page the palliative care nurse or doctor on-call. Please don't hang up. It can sometimes take 5-10 minutes for the nurse or doctor on-call to reach the operator.