

What is Hospice Palliative Care?

It is a concept of care that aims to relieve suffering, while improving the quality of life for persons who are living with, or dying from, a life limiting illness, their whole family, and the bereaved.

Our Community-based Services are:

- ✓ Client-centered; focused on what's important to you with your priorities
- ✓ Not medical in nature, but provide social, psychological, cultural, emotional, spiritual support.
- ✓ Respectful of any age, values, beliefs and cultural background
- ✓ Accessible to you, be it in our office, at your home, hospital or preselected local within your community
- ✓ Available beyond regular office hours through pre-scheduled appointments, telephone and social media venues
- ✓ Inclusive of a comprehensive lending library with books for self-help, information, inspiration and insight
- ✓ Creative and flexible in partnering with other local agencies, for focused service needs



We would be happy to present to your group for a specific educational agenda, or to bring awareness of services provided.

~ HOPE Support Team

HopeInElgin@gmail.com

www.HopeInElgin.com



<https://www.facebook.com/HopeInElgin/>

Call us for more info

226-721-5901

1-888-389-3655

141 Wellington Street,
St. Thomas ON N5R 2R8

Funding for HOPE's free programming is dependent on donations, fundraisers, and grant allocations. Please consider a financial gift so that we can continue to support your family & friends!

CRA Reg. Charity #814159190R0001

HOPE is an Associate Member of



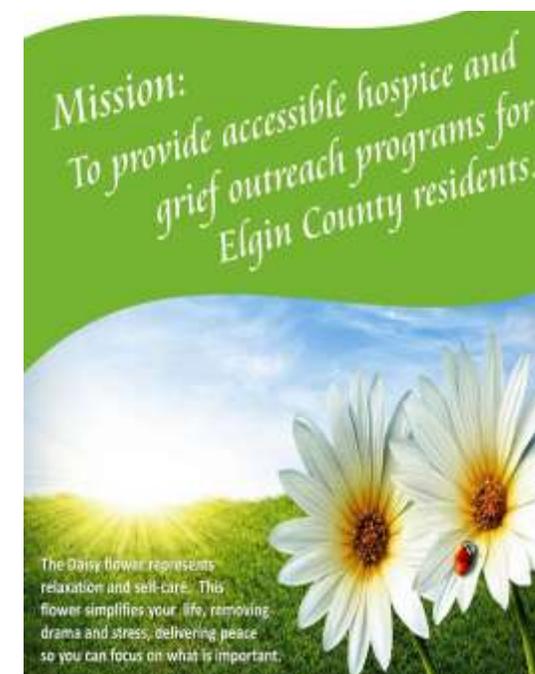
Helping Families

Cope

Throughout Elgin County

226-721-5901

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How do we offer support?

TEN THINGS GRIEVING CHILDREN WANT YOU TO KNOW

1. They need to hear the truth.
2. They need to be reassured that there will always be someone to take care of them.
3. Their grief is long lasting.
4. Children often cope with grief and loss through play.
5. That they will always miss the person who died.
6. They may often want to share their story and talk about the person who died.
7. Every child grieves differently.
8. They often feel guilty.
9. If they are acting out, it may be because they are feeling intense emotions of grief.
10. If you are not sure what a grieving child wants, **PLEASE ask them!**

HOPE is here to support families in finding a way to create a connection with the loved one(s) who died.

Family/Caregiver support(s) are provided for individuals who are living with an illness, and their Caregivers, providing a safe space and permission to talk or distress. Service eligibility begins at diagnosis, and consists of:

- ❖ One to One Support, Group Sessions as needed for individuals with illness or carers (*focus specific*)
- ❖ Therapeutic Art sessions, and other wellness modalities, which may be provided by apt, as per availability
- ❖ Assistance with navigation of local resources, information and referrals for relevant community services
- ❖ Resources and tools to help prevent caregiver burnout
- ❖ Advanced Care Planning resources and information
- ❖ *Us coming to where you are, to provide ongoing support*

Confidential Referrals may come from any source, such as self, Doctor, friend or family, other service providers, etc.



Grief / bereavement programs

are not specific to any age or form of loss, *e.g.* - *spousal, parental, survivors of suicide, anticipatory grief* and so on. May include:

- ❖ 1:1 Support, individualized group or family sessions
- ❖ Preschedule treatments to ease the physical symptoms of anxiety, depression and stress associated with caregiver burnout and/or grief, as per availability
- ❖ Community outreach and/or referrals for accessibility
- ❖ Specialized programming and educational workshops for adults,
- ❖ **HOPE's Urgent Response Team (HURT)** - grief session(s) for families/groups/care homes, after tragic or compound death(s)

For Registration, or more information, call HOPE at 226-721-5901 or Toll Free 1-888-389-3655 HopeInElgin@gmail.com