

Palliative Care and You

Useful Links for Caregivers and Families

The following resources are available to help you learn more about home and community care services and palliative care.

- [Connecting You With Care](#) is a brief overview of Ontario Health atHome and how we can support you
- [Guide to our Home and Community Care Services](#) is our Ontario Health atHome welcome book. This booklet is a guide to our home and community care services and includes other important information related to patient care.
- [What to Expect Towards the End of Life: A Guide for Caregivers](#) is a valuable guide from the **Temmy Latner Centre for Palliative Care** for caregivers to understand and attend to the changing needs of the person you are caring for. Knowing what to expect in the last days and hours of life can help you feel better prepared.
- [TorontoCentralHealthline.ca](#) is a one-stop health information website. It contains 4,000 listings including many that may be of interest to palliative patients and caregivers, such as agencies providing private nursing or personal support, transportation, respite care, in-home hairdressing or footcare and meal delivery.
- **Hospice Palliative Care Ontario** has created a [Caregiver Support Education](#) webpage that compiles a variety of caregiver information, resources and practical scenarios including videos on helping loved ones with their physical needs.
- [Canadian Virtual Hospice](#) has several caregiving videos and a glossary of palliative terms.