

Supportive Care Opportunities

- Pain and symptom issues are addressed by the Hospice Outreach Team. With the permission of the Main Responsible Physician (MRP), a consultation with one of the Hospice Palliative Physicians may be arranged. History and pain/symptom assessment, consultation and recommendations will be forwarded to the Doctor, CCAC Care Coordinator and the community nursing agency following the consultation.
- Individual needs assessment for supportive, spiritual and advanced care as well as end of life planning.
- Opportunity for one on one support with the Supportive Care Clinicians can be arranged.

Referrals to the Day Wellness Program

Individual referrals will be accepted from CCAC Care Coordinators, physicians, other health care professionals, health organizations, family, friends, clergy and self.

An appointment will be set up for the individual and their family to discuss our Day Wellness Program by calling 519.751.7096 Ext. 2500

Did you know that the Hospice exists solely because of the generosity of our caring community?

Donations to St. Joseph's Lifecare Foundation (the official fundraising organization for Stedman Community Hospice), have brought this beautiful building to life. Our community has funded vital programs and services, purchased medical equipment, patient meals, furnishings, therapeutic gardens, heat/hydro and everything in between.

Ongoing donations are vital to ensure that Hospice patients and families will never get a bill for the care they need and deserve!

If you would like to donate to the Hospice, please contact the Foundation office or give directly on-line at www.sjlc.ca.
Thank you for caring!

St. Joseph's Lifecare Foundation's mailing address is the same as the Hospice.



Stedman Community Hospice
99 Wayne Gretzky Parkway
Brantford, ON N3S 6T6
519.751.7096 Ext. 2500
www.sjlc.ca



Day Wellness Program

If you have been diagnosed with a life limiting illness; you and your family are dealing with end of life issues; or you are trying to cope with the loss of a loved one; our team is here to help.

"At the core of our being is a hunger for meaning, purpose, integrity and harmony, all leading to peace of mind and soul."

DAY WELLNESS PROGRAM

The Day Wellness Program provides an environment of support in which individuals living with a life limiting illness can be supported by a dedicated team of staff and volunteers and be with others experiencing the same issues.

Individual participation in the Day Wellness Program promotes sharing and provides an opportunity to re-engage in activities that bring more meaning and value to daily living. It also provides a day of respite to families caring for their loved one, as well as access to care and assessment.

Day Wellness Program Benefits

- Can be a continuing lifeline of support
- Promotes individual wellness
- Focuses on quality of life by attending to the physical, emotional, social and spiritual needs of the individual and their family
- Provides a change of environment
- Facilitates personal growth and creativity
- Enables the individuals progress to be monitored

- Is a vital source of respite for family
- Is a haven for those who live alone
- Provides the opportunity to explore complementary therapies to assist with coping such as:
 - Massage
 - Reiki
 - Music Therapy
 - Horticultural Therapy

Day Wellness Program Criteria

- Persons with a progressive life limiting illness are able to attend the Wellness Program after an interview and assessment.
- Persons entering the program need to be ambulatory, including use of a wheelchair or other assistive devices.
- Persons entering the program must manage their own medication including oxygen, pain pump, etc. (Registered Nurses are in the Hospice and available if assistance is needed)

Program Days & Times

Day Wellness Program hours are Tuesday's and Wednesday's from 10:00am to 2:00pm. A dedicated team of staff and volunteers provide support and care.

- Patients may be transported to the Hospice by driving themselves if able or arrangements can be made with volunteer drivers from the Hospice.
- Family members may also wish to bring patients themselves, but it is made clear from the beginning that family members do not stay for the day, this is their time away from care giving.
- Coffee, tea and morning snacks will be available. The group will be offered activities such as:
 - Massage
 - Reflexology/Reiki
 - Yoga
 - Music Therapy
 - Card playing
 - Hairdressing
 - Horticultural Therapy
 - Art Therapy
 - Scrap Booking
 - One on One Support/Counselling
 - Rest or Read
- Lunch is served between 12:00pm and 1:30pm
- Patients begin to leave around 2:00pm, transported by a family member or volunteer driver.