



When you or someone you care about is facing serious illness, it can be hard to know what to expect or where to turn.

**The Canadian Virtual Hospice can help.**



## What you'll find at [www.virtualhospice.ca](http://www.virtualhospice.ca)

Supporting you during life-threatening illness and loss.

[www.virtualhospice.ca](http://www.virtualhospice.ca) was created by doctors and nurses who specialize in palliative care, to offer support and information on end-of-life care to patients, family members and health care providers.

### Ask a Professional

*Ask a Professional* is your opportunity to ask your question to a team of palliative care experts. The team of doctors, nurses, a social worker and a spiritual care adviser will provide you with a detailed, personal and confidential response within three working days.

### Asked and Answered

*Asked and Answered* is a collection of questions asked by Canadians and answered by the *Ask a Professional* team, with identifying information removed to protect confidentiality. The questions cover a range of issues including these:

- What can be expected with congestive heart failure?
- My husband is nearing the end. How can I calm his fears about dying?
- How long can someone live without food or water?
- What can I say to a friend who is dying?
- How do I tell my young son that his grandmother is dying of cancer?

### Discussions

Connect with others to share information and find support in a safe community at *Discussions*.

### Topics

Virtual Hospice's team of experts has developed dozens of articles to help people better understand issues surrounding life-threatening illness and loss.

- Patients will find tips on managing symptoms, such as fatigue or shortness of breath.
- Caregivers will find practical information, such as what to do in case of falls, how to care for a dry mouth and what to expect when death is near.
- Families will find guidance on what to consider when making decisions at the end of life.
- Friends will find advice on how to help and what to say to someone living with limited time.
- Anyone facing difficult times will find suggestions that may help in the search for meaning and purpose.

### Your Stories

Celebrate a life or share your experiences, or see how others face their experiences at *Your Stories*.

### Resources

*Programs and Services* – locate palliative care programs and services in your province or territory and link to national organizations.

*Books, Links and More* – find recommended books, DVDs and videos as well as downloadable files and useful website links.

## What people are saying about Canadian Virtual Hospice

“The Virtual Hospice has been a blessing. When I need help, it is there.” – A. P., Toronto, ON

“The response to my question was both fast and comprehensive. Thanks for your care and concern.” – C. S., Sidney, NS

“This information will give my husband and me a start-point for decision-making.”  
T. W., Winnipeg, MB

“I am new to this site, new to caring for a dying husband, and am grateful for the “virtual” support of this wonderful site.” – G. T., Vancouver, BC

“You are providing an amazing service to people who have lost someone. It helps normalize what you are feeling and it is available at anytime.”  
L. S., Calgary, AB



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