

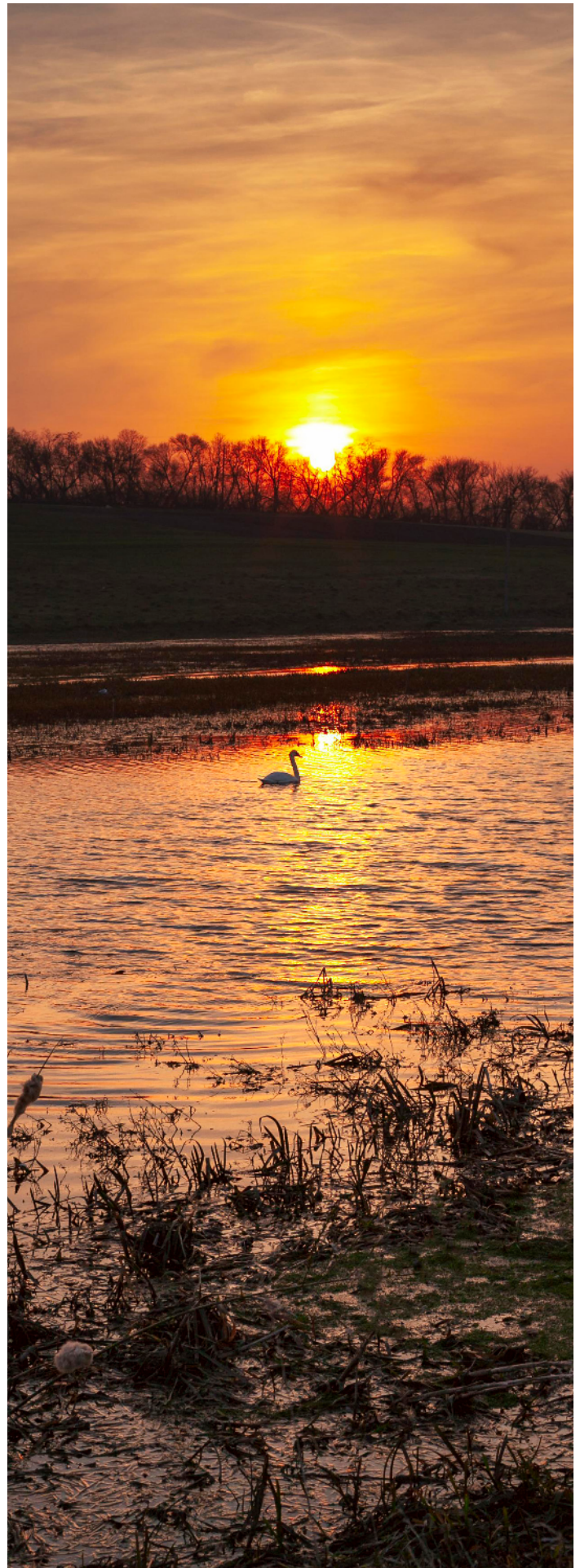


Palliative Care Resource Guide

*Living Well With
a Life-Limiting
Illness*



ALL NATIONS
HEALTH PARTNERS
ONTARIO HEALTH TEAM



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The mission of the Kenora and Area Palliative Care Committee is to educate and support the dying and their caregivers/loved ones and to support the compassionate efforts of all who strive to improve their quality of life and to maintain their dignity.



Did you know?

Palliative care is not just for patients living with a cancer diagnosis.

Other life-limiting illnesses may include:

- Congestive Obstructive Pulmonary Disorder (COPD)
- Heart disease
- HIV/AIDS
- Cystic Fibrosis
- Kidney disease
- Liver disease
- Dementia
- Muscular Dystrophy
- Multiple Sclerosis (MS)
- Parkinsons
- Alzheimer's disease
- Amyotrophic Lateral Sclerosis (ALS)

A Guide for Patients, Families, and Caregivers.

Palliative care is specialized support for people living with a serious or life-limiting illness. Its purpose is simple: to help you live as comfortably and fully as possible, at every stage of your illness. It focuses on improving quality of life — your physical comfort, emotional and spiritual well-being, and the things that matter most to you and your family.

Palliative Care Is About Living Well.

Palliative care is not only for the end of life. It begins at the time of diagnosis, and continues throughout the trajectory of your illness — even while you are receiving treatments like chemotherapy, dialysis, or surgery. Many people receive palliative care for months or years. It's about helping you feel better, stay informed, and make choices that feel right for you.

What Palliative Care Helps With.

- **Comfort and symptom management** – Relief from pain, shortness of breath, fatigue, nausea, and other symptoms.
- **Emotional and spiritual support** – A safe place to talk about worries, hopes, and questions.
- **Information and planning** – Help understanding your illness, making decisions, and preparing for what may come next.
- **Support for families and caregivers** – Guidance, reassurance, and resources for the people caring for you.
- **Respecting your wishes** – Ensuring your care matches your goals, values, culture, and traditions.

Who Provides Palliative Care?

Palliative care can be provided by many kinds of professionals working together: nurses, doctors, nurse practitioners, personal support workers, social workers, spiritual care providers, Elders or Knowledge Keepers, counsellors, volunteers, occupational therapists, physiotherapists, pharmacists and more. Care can happen at home, in hospital, in a clinic, in long-term care, or in a hospice.

You can receive palliative care at the same time as your regular treatments. It does not replace your medical team; it adds a layer of support to your care.

Palliative Care Is About You.

Above all, palliative care is centered on what matters most — your comfort, your choices, and your quality of life. It is care focused on living well, with dignity and support, for you and the people you love.



What is Advance Care Planning?

Advance Care Planning (ACP) is the process of thinking about what matters most to you in your life and what that means for your health and personal care. ACP helps you share your wishes and preferences with the people who are important to you. When everyone knows your wishes and preferences, they can help make sure you get the care you want.

When someone makes their wishes and preferences known, they are exercising their right to make a choice. Everyone is entitled to the “presumption of capacity” – this means you are considered to have the ability to make decisions about your care, unless there are reasons to believe otherwise. It means that you are able to understand the impacts of a decision about your healthcare.

Knowing and expressing your wishes and preferences will look different for each person. You may also find your wishes and preferences change based on different situations. This guide will help you explore and identify your wishes and preferences and then share them with the right people so that you get the care you want.

Advance care planning (ACP) is part of life planning. Life planning involves financial planning, legal planning, health and social services, and community networks. ACP is an important step in taking control of your healthcare journey.

Advance Care Planning helps you to:

- Think about what is important to you
- Learn about the care you want
- Choose substitute decision makers that you trust
- Share your wishes and preferences so the right people know what you want
- Record your preferences and substitute decision maker(s)



Advance Care Planning Ontario is an initiative of Hospice Palliative Care Ontario (HPCO). HPCO is a registered charity that strives for a future where every person in Ontario has access to quality hospice palliative care, including advance care planning. HPCO is not a government or crown agency.

Advance Care Planning Ontario has developed “Advance Care Planning Workbook,” a simple but comprehensive way to plan your care. You can find it at advancecareplanningontario.ca or using this QR code.



Hospital & Primary Care Services

Primary care services provide first-contact, ongoing care for individuals and families. This includes check-ups, diagnosis and treatment of common conditions, preventive care, helping people stay healthy, and coordination with other health services to navigate the system with confidence.

Kenora Chiefs Advisory (Ogimaawabiitong)

Telephone: 807-467-8144

Website: www.kenorachiefs.org

- Primary Care Services in communities — Physicians, Pediatrician, Nurse Practitioners, PSW, home care nurses, pharmacy, dieticians, recreation therapists
- Kenora Youth Wellness Hub with NP support
- Mental Health & Addictions
- Anishinabe Diabetes Education Program
- Footcare Services in Community
- Long Term Care Services — Community Home Care and Support Program
- Indigenous Client Navigation Team
- Cancer Care Project
- Tobacco Reduction Program
- Environmental Public Health
- Health Promotion Program

KCA Serves the following communities:

- Asubpeeschoseewagong First Nation (Grassy Narrows)
- Naotkamegwaning First Nation (Whitefish Bay)
- Niisaachewan Anishinaabe Nation
- Northwest Angle #33 First Nation
- Washagamis Bay First Nation
- Shoal Lake #40 First Nation
- Wabaseemoong Independent Nations (Whitedog)
- Wauzhushk Onigum Nation (Rat Portage)

Lake of the Woods District Hospital

Telephone: 807-468-9861

Website: www.lwdh.on.ca

- Cardiac/Respiratory Care
- Chemotherapy
- Diagnostic Imaging
- Dialysis Unit
- Emergency Department
- Indigenous Navigators
- Mental Health & Addictions Programs
- Palliative Care
- Pastoral Care
- Rehabilitation
- Surgical Services
- Telemedicine
- Visiting Specialist Clinics

Sunset Country Family Health Team

Telephone: 807-468-6321

Website: www.scfht.ca

- Asthma Management Program
- Cancer Screening
- Community Health Worker
- COPD Program
- Diabetes Management Program
- Foot Care Services
- Hypertension Care
- INR Clinic
- Memory Clinic
- Minor Ailments
- Nutritional Counselling
- Occupational Therapy
- Pharmacist Services
- Smoking Cessation

SCFHT has clinics in the following areas:

- Kenora Site (formerly Kenora Medical Associates)
- Keewatin Site (formerly Keewatin Medical Clinic)
- Lakeside Site (formerly Docside Clinic)
- Sioux Narrows-Nestor Falls Site

Waasegiizhig Nanaandawe'iyewigamig Health Access Centre (WNHAC)

Telephone: 1-888-MYWNHAC (699-6422)

Website: www.wnhac.org

- Wholistic Health Services
 - Physician and Nurse Practitioner Service
 - Nursing
 - Indigenous Transition Facilitators
 - Diabetes Education
 - Insulin Adjustments
 - Routine Blood Work Program
 - Nutrition Counselling/Dietician
 - Active Living Education
 - First Aid and CPR Training
 - HIV/AIDS Prevention
 - Foot Care
 - Retinopathy
 - Oral Health Program
 - Emotional Wellness Therapists (Mental Health)
 - Land-Based & Cultural Healing/Programming
 - Health Promotion
 - Hostel Services
- (continued on next page)

- Traditional Ceremonies
- Smoking Prevention and Cessation

WNHAC Serves the following Kenora area communities:

- Asubpeeschoseewagong First Nation (Grassy Narrows)
- Naotkamegwaning First Nation (Whitefish Bay)
- Niisaachewan Anishinaabe Nation (Dalles)
- Northwest Angle #33 First Nation (Dogpaw)
- Northwest Angle #33B (Angle Inlet)
- Northwest Angle #37A (Regina Bay)
- Northwest Angle #37B (Windigo)
- Washagamis Bay First Nation
- Shoal Lake #39
- Shoal Lake #40 First Nation
- Wabaseemoong Independent Nations (Whitedog)
- Wauzhushk Onigum Nation (Rat Portage)

First Nations & Indigenous Supports

First Nations and Indigenous supports provide care and services that are grounded in culture, community, and respect for Indigenous ways of knowing. These include access to Indigenous-led health services, cultural supports, transportation and connections to community resources, helping individuals and families feel safe, supported, and understood.

COMMUNITY PRIMARY CARE

Asubpeeschoseewagong Netum Anishinabek (Grassy Narrows)
Clinic Telephone: 807-925-2850

Naotkamegwaning (Whitefish Bay)
Clinic Telephone: 807-226-5383

NWA #33 A (Angle Inlet)
Clinic Telephone: 807-733-2200

NWB #33 B (Dogpaw)
Clinic Telephone: 807-226-2859

NWA #37 A (Regina Bay)
Clinic Telephone: 807-226-1077

NWA #37 B (Windigo)
Clinic Telephone: 807-733-3721

Niisaachewan Anishinaabe Nation (Dalles)
Clinic Telephone: 807-548-5876

Shoal Lake #40
Clinic Telephone: 807-733-3577

Shoal Lake #39
Clinic Telephone: 807-733-3318

Wabaseemoong (Whitedog)
Clinic Telephone: 807-927-2440

Wauzhushk Onigum (Rat Portage)
Clinic Telephone: 807-548-6340

Washagamis Bay (Washbay)
Clinic Telephone: 807-407-1021

OTHER SERVICES

City of Kenora Indigenous Relations
Telephone: 807-467-2000
Website: www.kenora.ca

Kenora Chiefs Advisory (Ogimaawabiitong)
Telephone: 807-467-8144
Website: www.kenorachiefs.org

Lake of the Woods — Indigenous Transition Facilitators and Indigenous Navigators
Telephone: 807-468-9861
Website: lwdh.on.ca

Ne-Chee Friendship Centre
Telephone: 807-468-5440
Website: nechee.org

Ontario Native Women's Association
Telephone: 800-667-0816
Website: www.onwa.ca

Waasegiizhig Nanaandawe'iyewigamig (WNHAC)
Telephone: 888-699-6422
Website: www.wnhac.org

Spiritual, Emotional & Family Supports

Emotional, spiritual, and cultural supports help people and families navigate the personal and cultural aspects of illness and care. Services may include counseling, spiritual care, cultural guidance, grief support and connection with community or faith supports, helping individuals feel respected, understood, and supported in ways that reflect their values and beliefs.

Asterisk (*) denotes private or fee-for-service organizations.

SPIRITUAL SUPPORTS

Believers Fellowship Church

Telephone: 807-466-7848

Calvary Pentecostal Church

Telephone: 807-548-2000

Website: www.calvarykenora.ca

First Baptist Church

Telephone: 807-468-8224

Jubilee Church of God

Telephone: 807-468-5297

Kenora Bible Church

Telephone: 807-907-6894

Website: www.kenorabiblechurch.ca

Kenora Fellowship Centre

Telephone: 807-467-8205

Website: fellowshipcentre.wixsite.com

Knox United Church

Telephone: 807-468-6923

Website: www.knoxunitedkenora.ca

Lake of the Woods — Spiritual Care Coordinator (Inpatient Service)

Telephone: 807-468-9861

Website: lwdh.on.ca

Lakeside Baptist Church

Telephone: 807-468-8889

Website: lakesidebaptist.ca

Church of Jesus Christ of Latter-day Saints

Telephone: 807-464-0910

Website: local.churchofjesuschrist.org/en/ca/on/kenora/566-airport.road

Notre Dame du Portage Parish

Telephone: 807-468-6149

Website: ndame.ca

Saint Andrew's United Church

Telephone: 807-547-2569

St. Alban's Cathedral

Telephone: 807-468-6227

St. Louis Roman Catholic Church

Telephone: 807-547-2376

St. Nicholas Ukrainian Catholic

Telephone: 807-468-7490

United Pentecostal Church

Telephone: 807-468-9352

Victory Baptist Church

Telephone: 807-464-5650

Website: www.victorybaptistchurchkenora.ca

Water of Life Family Church

Telephone: 807-467-8611

EMOTIONAL SUPPORTS

(PUBLIC/FREE PROGRAMS)

Canadian Mental Health Association

Kenora Branch

Telephone: 807-468-1838

Website: www.cmhak.on.ca

District Mental Health Services for Older

Adults Program — Canadian Mental Health Association Fort Frances

Telephone: 877-311-0117

Website: fortfrances.cmha.ca

Lake of the Woods Hospital — Mental Health & Addictions Program

Telephone: 807-467-3555

Website: lwdh.on.ca

**Waasegiizhig Nanaandawe'iyewigamig
Health Access Centre (WNHAC)**

Telephone: 1-888-MYWNHAC (699-6422)

Website: www.wnhac.org

(PRIVATE/FEE-FOR-SERVICE PROGRAMS)

Bandur Psychotherapy *

Telephone: 807-444-2256

Website: www.bandurpsychotherapy.com

Daniel Brodie Smith *

Telephone: 807-464-4166

Website: danielbrodiesmith.janeapp.com

Dearborn Therapy *

Telephone: 807-407-1497

Website: dearborntherapy.ca

Ellen Smirl Therapy *

Telephone: 807-500-4688

Little Lights Child Therapy *

Website: littlelightstherapy.ca

**Olivia Whiddon — Therapeutic Music
Services ***

Telephone: 204-333-7449

Website: www.oliviawhiddon.com

Out of the Woods Counselling *

Telephone: 807-464-2235

Website: www.outofthewoodscounselling.com

R. Taylor Therapy *

Telephone: 204-930-2946

Website: www.rtaylortherapy.com

Transformation Counselling *

Telephone: 519-954-4900

Website: transformationcounselling.com/Kenora

Wholistic Psychotherapy & Consulting *

Natacha Boulton, MSW/RSW, Registered
Psychotherapist & Social Worker

Email: wholistic.therapy.natacha@gmail.com

Natalie Logan, MSW/RSW, Registered
Psychotherapist & Social Worker

Email: wholistic.therapy.natalie@gmail.com

FAMILY SUPPORTS

(PUBLIC/FREE PROGRAMS)

**Firefly: Physical, Emotional, Developmental
and Community Services**

Telephone: 800-465-7203

Website: www.fireflynw.ca

Kenora Association for Community Living

Telephone: 807-467-5225

Website: www.kacl.ca

Kenora Chiefs Advisory Ogimaawabiitong

Telephone: 807-467-8144

Website: www.kenorachiefs.org

Wellspring Cancer Support Foundation

Telephone: 1-888-793-9355

Website: www.wellspring.ca

(online only)

(PRIVATE/FEE-FOR-SERVICE PROGRAMS)

Andrea Warnick Consulting *

Website: andreawarnick.com

(online only)

Elizabeth Dougherty Consulting *

Telephone: (647) 633-6805

Website: elizabethdougherty.ca

(online only)

GRIEF SUPPORTS

**Lake of the Woods Hospital — Mental
Health & Addictions Program**

Telephone: 807-467-3555

Website: lwdh.on.ca

Leanne Davidson Grief Share Program

Telephone: 807-407-4478

Website: www.amothersgriefjourney.com

Canadian Virtual Hospice

Website: mygrief.ca

(self-guided online modules)

Equipment, Transportation & Practical Help

Equipment, transportation, and practical help services support daily living by providing access to medical equipment, rides to care, and assistance with everyday tasks. These services help reduce barriers, promote independence, and ensure people can access the care and supports they need.

Home-Based Care & Visiting Supports

Many people want to stay at home for as long as possible while managing illness. These providers bring support directly to the home, with a focus on helping people remain comfortable, safe, and independent in the place they feel most at ease.

Alzheimer's Society of Kenora

Telephone: 807-547-3486

Website: alzheimer.ca/krr/en

Community Services for Independence Northwest (Kenora Site)

Offers supportive housing and outreach services.

Telephone: 807-468-1516

Website: csinw.ca/?page_id=58

Canadian Mental Health Association Fort Frances Branch — Older Adults Program in Kenora

Telephone: 807-468-1838

Website: fortfrances.cmha.ca/programs/district-mental-health-services-for-older-adults-program/

District of Kenora Homes & Community Support – Community Support Services

Telephone: 807-468-4562

Website: kenoradistricthomes.ca/community-support-services/kenora/

- Meals on Wheels
- Medical transportation in kenora
- Home Cleaning
- Escorted shopping
- Club Day Away
- Supportive housing at Gardner, Benedickson, Parkview and Mikana Ridge

Healed Sole Foot Care

Telephone: 807-467-0536

Website: shannonafrey.wixsite.com/mysite

KDSB Paramedicine Services

Telephone: 807-223-2100 ext. 2488

Website: kdsb.on.ca/our-services/emergency-medical-services/community-paramedicine-program/

Kenora Association for Community Living

Community Mental Health Support Services (CMHSS) strives to support adults, and their families, who are living with mental illness.

Telephone: 807-467-5225

Website: dev.kacl.ca/community-mental-health-support-services/

Kenora Medical Centre Pharmacy

Telephone: 807-468-4414

Website: www.northwaypharmacy.ca

Metis Nation of Ontario

Telephone: 807-468-5835

Website: www.metisnation.org/programs-and-services/healing-wellness/community-support-services-program/

Mobile Foot Care

Telephone: 807-467-0536

Ontario Health at Home

Care coordination for individuals that are homebound.

Telephone: 310-2222 (no area code)

Website: ontariohealthathome.ca/community-care/

Ontario Caregiver Organization

Telephone: 833-416-2273

Website: www.ontariocaregiver.ca/

Visiting Hospice Services

Palliative Volunteers

Offered through Community Support Services.

Telephone: 807-468-4454

Website: kenoradistricthomes.ca/wp-content/uploads/2024/03/Visiting-Hospice.pdf

Pain & Symptom Support

Pain and symptom support services help people living with serious or chronic illness stay as comfortable as possible. Care providers work with patients and families to manage symptoms such as pain, shortness of breath, fatigue, and nausea, with a focus on improving quality of life and supporting day-to-day comfort.

SYMPTOM MANAGEMENT

Arthritis Society

Telephone: 807-468-2298

Website: www.arthritis.ca

Kenora Physiotherapy & Sports Injury Centre

Telephone: 807-468-3631

Website: www.kenoraphysio.com

Lake of the Woods Chiropractic & Wellness

Telephone: 807-468-9538

Website: www.lotwchiropractic.ca

Lake of the Woods District Hospital

Telephone: 807-468-9861

Website: www.lwdh.on.ca

Northern Respiratory Kenora – CPAP Therapy & Home Oxygen

Telephone: 807-470-1470

Website: www.northernrespiratory.ca

Peak Performance Physiotherapy & Sports Rehab

Telephone: 807-407-4003

Website: www.peakperformancephysio.ca

Sunset Country Family Health Team Medical Clinics

Kenora Site (formerly Kenora Medical Associates)

Keewatin Site (formerly Keewatin Medical Clinic)

Lakeside Site (formerly Docside Clinic)

Sioux Narrows-Nestor Falls Site

Telephone: 807-468-6321

Website: www.scfht.ca

PHARMACIES

Johnson's Pharmacy

Telephone: 807-468-7412

Website: www.guardian-ida-remedysrx.ca/en/ontario/kenora/johnsons-pharmacy-7001458

Keewatin Drug Store Pharmacy

Telephone: 807-547-6337

Website: www.guardian-ida-remedysrx.ca/

The Medicine Shoppe Pharmacy

Telephone: 807-468-5225

Website: www.medicineshoppe.ca/en/ontario/kenora/the-medicine-shoppe-pharmacy-360-7002643

No Frills Pharmacy **

Telephone: 866-987-6453

Website: www.pchealth.ca

Shoppers Drug Mart Pharmacy **

Telephone: 807-468-4414

Website: www.shoppersdrugmart.ca

Tilley's Pharmacy

Telephone: 807-468-7913

Website: www.pharmasave.com

Walmart Pharmacy **

Telephone: 833-807-4681

Website: www.walmart.ca

** Indicates open 7 days/week

Online Palliative Resources

Living with a serious illness can bring many questions and challenges. These resources offer online information, education, and support to help patients, families, and caregivers navigate palliative care, grief, advance care planning, and end-of-life care.

ADVANCE CARE PLANNING

Advance Care Planning Canada

Website: www.advancecareplanning.ca

Advance Care Planning, Goals of Care, and Treatment Decisions & Informed Consent Frequently Asked Questions (FAQ)

Website: www.ontariohealth.ca/content/dam/ontariohealth/documents/palliative-goals-of-care-faq.pdf

Advance Care Planning Ontario

Website: www.advancecareplanningontario.ca

Consent and Capacity Board

Telephone: 416-327-4142

Website: www.ccboard.on.ca

Hope for the Best Plan for the Rest

Website: www.waitingroomrevolution.com

Power of Attorney — Publications Ontario

Website: www.publications.gov.on.ca/300975ontariocaregiversassociation.on.ca

GRIEF RESOURCES

About Grief

Website: www.aboutgrief.ca

Bereaved Families of Ontario

Phone: 1-888-822-7723

Website: bereavedfamilies.net

Canadian Grief Alliance

Website: canadiangriefalliance.ca

Canadian Virtual Hospice

Website: www.virtualhospice.ca

Centre for Loss & Life Transition

Website: www.centerforloss.com/grief/im-grieving-loss/

Good Grief

Website: www.good-grief.org

Kids Grief Canada

Website: kidsgrief.ca

Leanne Davidson Grief Share Program

Telephone: 807-407-4478

Website: www.amothersgriefjourney.com

Rainbows for All Children — Grief Support

Website: rainbows.org

What's Your Grief

Website: whatsyourgrief.com

Youth Grief (Canadian Virtual Hospice)

Website: youthgrief.ca

EDUCATIONAL RESOURCES

Centre for Education and Research on Aging & Health (CERAH)

Telephone: 807-343-3010 x7271

Website: cerah.lakeheadu.ca

Living My Culture

Website: livingmyculture.ca

INFORMATIONAL RESOURCES

Canadian Hospice Palliative Care Association

Telephone: 800-668-2785

Website: www.chpca.ca

North West Regional Palliative Care Program

Website: www.rpcp.sjcg.net

Ontario Caregiver Organization

Website: www.ontariocaregiversassociation.on.ca

Strengthening a Palliative Approach to Long-Term Care

Website: spaltc.ca

Dying with Dignity Canada

Website: www.dyingwithdignity.ca/end-of-life-support/palliative-care/

Hospice Palliative Care Ontario

Website: www.hpco.ca/contact-us/

MAID Resources

Living with a life limiting chronic illness can affect every aspect of a person's life, including their physical health, emotional wellbeing, independence, and relationships.

As symptoms progress, individuals may be faced with making difficult decisions about the types of care and support they receive.

These discussions and decisions may include ongoing medical treatment options, making an illness roadmap to organize counselling and supportive services or choosing end of life care focused on comfort, dignity and quality of life.

If an individual reaches a point of intolerable suffering caused by a serious and incurable condition, they can contact their primary care provider for information about Medical Assistance in Dying (MAID). MAID is a legally available option for eligible adults.

Each person's illness journey is deeply personal and having access to information can help individuals make informed choices that align with their values, wishes and beliefs.

Should you be looking for more information on MAID, please see the resources below:

1. Dying with Dignity Canada

<https://www.dyingwithdignity.ca/>

Provincial MAID Team

Phone: 1-866-286-4023 (toll-free) TTY: 1-844-953-3350

Information services avail 24 hours a day, 7 days a week

Referral services available Monday to Friday from 9 a.m. to 5 p.m.

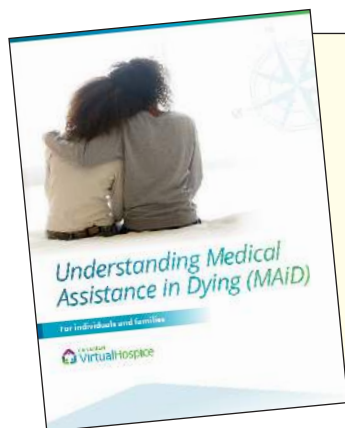
2. Province of Ontario MAID Forms

<https://www.dyingwithdignity.ca/wp-content/uploads/2023/03/3889-22e.pdf>

3. Ontario Health At Home Assessor Referral Pathway

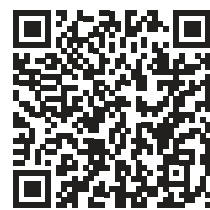
<https://ontariohealthathome.ca/home-care/palliative-care/maid/>

For more local information on MAID, contact your primary care provider.



Canadian Virtual Hospice has published a comprehensive resource available online, "Understanding Medical Assistance in Dying (MAID)."

This document outlines information about MAID in Canada and provides answers to some common questions. It is intended to help people understand MAID and navigate the processes involved. Use the QR code to find the document, or visit their website at www.virtualhospice.ca.



Notes

Notes

An Advanced Care Resource Guide for the Kenora Area.
Developed by the Kenora Palliative Care Committee,
in partnership with the
All Nations Health Partners Ontario Health Team.



ALL NATIONS
HEALTH PARTNERS
ONTARIO HEALTH TEAM