

# Palliative Care Resources

For patient, families and health care providers

## Hospice Calgary website [www.hospicecalgary.ca](http://www.hospicecalgary.ca)

- helping families and individuals achieve support, hope and well-being through compassionate end-of-life and bereavement care

## Life's Last Chapter

- Go to [www.hospicecalgary.ca/resources](http://www.hospicecalgary.ca/resources)
- Scroll down to For Caregivers Coping with Advanced Illness->Life's Last Chapter

## Caregivers' Alberta: <http://www.caregiversalberta.ca>

- Support for caregivers who might be feeling overwhelmed; you are not alone

## A Caregiver's Guide to Palliative and End of Life Care <https://myhealth.alberta.ca/palliative-care/resources/symptom-management>

- To register for online learning: <http://stlazarus.ca/HOSP>
  - online course for family members/loved ones providing care in the home
- Caregivers Guide PDF copy - [https://www.stlazarus.ca/docs/publications/caregivers\\_guide\\_2015\\_en.pdf](https://www.stlazarus.ca/docs/publications/caregivers_guide_2015_en.pdf)

## Canadian Hospice Palliative Care Association [www.chpca.net](http://www.chpca.net)

- advancing and advocating for quality end-of-life/hospice palliative care in Canada

## Alberta Hospice and Palliative Care Association [www.ahpca.ca](http://www.ahpca.ca)

- engages in actions and strategies that result in comprehensive, equitable and quality end of life care for Albertans

## Provincial Palliative Care <https://myhealth.alberta.ca/palliative-care>

- palliative information with an Alberta focus for people who need care, families, clinicians and care providers

## Virtual Hospice [www.virtualhospice.ca](http://www.virtualhospice.ca)

- useful information about many aspects of living with advancing illness

## Wellspring Calgary [www.wellspringcalgary.ca](http://www.wellspringcalgary.ca)

- peer-to-peer support groups for people and families living with cancer in Calgary

## Information for Health Care Decision Making [www.conversationsmatter.ca](http://www.conversationsmatter.ca)

## Palliative Care Alberta Blue Cross Coverage [https://www.alberta.ca/palliative-care-health-benefits.aspx?utm\\_source=redirector](https://www.alberta.ca/palliative-care-health-benefits.aspx?utm_source=redirector)

## Digital Stories – Palliative End of Life Care & Grief Resources

- pathway: YouTube search "Alberta Health Services", click "AHSChannel", click "Playlists" choose "Palliative End of Life Care" and/or "Grief Resources" videos