

## Contact information

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450-659-7661, ext. 1615
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450-371-0143, ext. 113146

## Palliative and end-of-life care

TO BETTER GUIDE YOU



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## For more information

Health professional's name:

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Contact information:

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## This brochure contains information about the designated palliative care sites and services offered by the Centre intégré de santé et de services sociaux (CISSS) de la Montérégie-Ouest.

Palliative and end-of-life care consists of the care provided to people who are diagnosed with any type of progressive disease or condition likely to shorten their life (cancer, chronic disease, degenerative disease, fragility, dementia). It can be provided over the space of several months or years, in conjunction with various levels of curative treatments. This means that palliative care is not limited to the end stage of a patient's life. Throughout the palliative care process, emphasis is placed on close monitoring and optimal symptom relief.

Our health professionals work as a team with you and your loved ones, guiding you through this stage in peace and comfort and helping you to make the most of your time together.

## Our palliative care and end-of-life services

In Québec, palliative and end-of-life care is governed by the *Act respecting end-of-life care*. The CISSS de la Montérégie-Ouest provides palliative and end-of-life care in several different settings, with the option of continuous palliative sedation therapy or medical aid in dying.

Palliative and end-of-life care are part of a multidisciplinary intervention plan. As needed, patients and their families have access to medical, nursing, assistance, rehabilitation, nutrition, spiritual care, and psychosocial services. The care teams work with patients and their families, with support from palliative care nurse consultants, as needed.

The services described in this brochure include several palliative care options, available based on the needs and wishes of the patient and their family.

## Home care

If you opt for home care, it will be provided for as long as it is safe and feasible. If you choose to die at home, we can honour your wishes with support from your informal caregivers, the medical team, and the home care team at the CLSC. Once we've determined what you need, you will be followed by medical professionals and given help with your personal hygiene. Your physical environment will be adapted, you will be loaned any equipment you need, and respite time will be arranged for your family members. We also offer in-home support workshops for informal caregivers in certain sectors.

To receive personalized palliative care at home, a request must be made to your local CLSC's home care access desk; the request can come directly from you, or from a family member or a health professional.



## Long-term care centres (CHSLD), including senior and alternative housing (SAH)

Palliative care is available at all times at our 11 CHSLDs and 2 SAHs. Palliative care is provided in the resident's own living environment until their death. When the time comes, the team that has attended to the person since they were first admitted will provide personalized end-of-life care.

Three of our CHSLDs also have dedicated palliative care rooms for patients admitted from home or transferred from the hospital.

The palliative care approach is provided by an interdisciplinary team made up of a physician, nurse, auxiliary nurse, patient attendant, occupational therapist, social worker, the physical rehabilitation department, and volunteers. Other professionals may occasionally be involved in the process, including the palliative care nurse consultant, nutritionist, respiratory therapist, psychologist, and spiritual care professional.



### CHSLD de La Prairie (palliative care unit)

500 avenue Balmoral, La Prairie, QC J5R 4N5  
**450-659-9148, ext. 8227**

The Centre d'hébergement de La Prairie is located next to the historical Vieux-La Prairie neighbourhood, close to all amenities and easily accessible by autoroutes 15 and 30.

A unit of twelve private rooms on the ground floor can accommodate adults admitted from home or the hospital.

This quiet, peaceful palliative care residence is staffed by an interdisciplinary team of devoted professionals trained to support residents and their families through the final stage of life. Residents and their families have the use of a spacious family room, including a children's play area, where they can relax and spend precious time together. An accessible backyard, recreational activities, and various services, including massage therapy, are also offered to give patients and their families a personalized experience in tune with their evolving needs.



## CHSLD Docteur-Aimé-Leduc (palliative care unit)

80 rue du Marché, Salaberry-de-Valleyfield, QC J6T 1P5  
450-373-4818

The five palliative care beds at Centre d'hébergement Docteur-Aimé-Leduc are located on the third floor of the old Jésus-Marie convent in downtown Salaberry-de-Valleyfield. This unit has accepted palliative and end-of-life patients since 2009. Residents and guests have access to a gallery on the same floor, as well as a kitchen and a lounge area. The private rooms are set up to make sure you and your loved ones are comfortable at all times. A shared bathroom with shower and tub is available.

You also have access to the Internet, an electronic tablet, and a CD player. Residents can participate in activities at the centre, including music therapy and pet therapy.



## CHSLD du comté de Huntingdon / Huntingdon County CHSLD (palliative care unit)

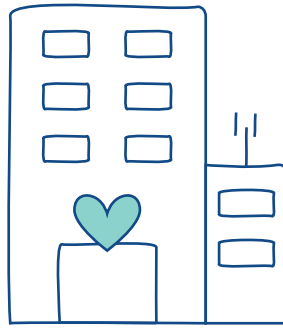
198 rue Châteauguay, Huntingdon, QC J0S 1H0  
450-264-6111, ext. 2036

The CHSLD du comté de Huntingdon / Huntingdon County CHSLD is located in a quiet neighbourhood near the Châteauguay River. The two private rooms are very spacious and come with a TV, refrigerator, coffeemaker, telephone, and air conditioner (during the summer).

Residents can participate in activities at the centre, including music therapy and pet therapy. A solarium overlooking the river, a dining room and a lounge area are located on the same floor.

# Hospitals

Palliative and end-of-life care are always available at our three hospitals for inpatients who require this type of care.



# Palliative care residence

## Vaudreuil-Soulanges Palliative Care Residence (VSPCR)

90 rue Como Gardens, Hudson, QC J0P 1H0  
**450-202-2202**

The palliative care residence, located in Hudson, is designed to offer all the comforts of home. Each of the 12 private rooms overlooking the forest can be personalized during your stay.

Homemade meals are tailored to your tastes. Your loved ones can also take advantage of our comfortable indoor and outdoor spaces to spend as much time with you as possible.

The approach and the care are aimed at relieving your physical, emotional and spiritual suffering. The care is provided by a team of professionals and volunteers.

The services also include massage therapy, pet therapy, and individualized care.

### The VSPCR now offers medical aid in dying.

Source: Vaudreuil-Soulanges Palliative Care Residence Foundation. (2019). La Maison: soins de fin de vie offerts. Taken from: [www.mspvs.org/la-maison](http://www.mspvs.org/la-maison)

## Hôpital Anna-Laberge (palliative care unit)

200 boulevard Brisebois, Châteauguay, QC J6T 1P5  
**450-699-2425, ext. 4432**

The hospital has 8 private palliative and end-of-life care rooms available. They are grouped together in a unit on the first floor.

Each room is adapted as much as possible to your needs and those of your family. In addition, support and guidance from the spiritual care team are provided for as long as you are there. You may also visit the chapel. There are many amenities and services available, including a TV and a reserved room for families.



## Eligibility criteria

### For CISSS de la Montérégie-Ouest facilities

The dedicated palliative and end-of-life care beds at the CISSS de la Montérégie-Ouest are accessible to patients who meet the following criteria:

- 18 years and over;
- Diagnosed with a terminal disease with a life expectancy of less than three months;
- Require specialized palliative care;
- Informed that all available treatments to cure or alter the course of the disease have been exhausted;
- Voluntarily consent to being admitted;
- Meet the criteria assessed using clinical palliative care tools.

### For the VSPCR

The VSPCR is open to patients in need of palliative care who meet the following criteria:

- Diagnosed with an incurable, progressive, terminal disease with a life expectancy of less than three months;
- Informed that their condition is terminal and that the care provided at the VSPCR is intended to make them comfortable and improve their quality of life;
- Person (or their legal representative) who voluntarily consents to being admitted to the VSPCR and who has signed the informed consent form.



## Exclusion criteria

### For dedicated palliative and end-of-life care beds at a long-term care centre

People who are already permanent residents cannot be admitted to the dedicated palliative and end-of-life care beds, since they would already receive this care at their residence.

## Resources

### Online

- Santé Montérégie Portal, Palliative and end-of-life care [santemonteregie.qc.ca/en/services/end-life-care/palliative-and-end-life-care-peolc](https://santemonteregie.qc.ca/en/services/end-life-care/palliative-and-end-life-care-peolc)
- List of palliative care services in Québec [aqsp.org/maisons-soins-palliatifs/](https://aqsp.org/maisons-soins-palliatifs/)

### Documents

Available on the **Santé Montérégie Portal** or from your health professional:

- Life's last few moments - To better guide you
- Medical Assistance in Dying - To better guide you
- Bereavement support resources - To better guide you

