

Community

You and your family can join in any of the community gatherings that take place on the unit and enjoy many of the services in the Veterans Centre.

Community Gatherings

- monthly social gatherings
- weekly dinner & lunch groups
- baking groups
- time for tea
- legacy project groups
- music therapy groups
- art therapy group
- gatherings in remembrance

Services in the Veterans Centre

- daily entertainment
- K Wing Garden
- barber shop/hairdresser
- Sunny's café
- Tim Horton's
- Artisan Market Gift Shop
- Toronto Public Library branch



“I don't know what I ever did to deserve to be in such a wonderful place.”

- Patient

Tours of the palliative care unit are available by calling 416-480-6100 x2979 or x3607

For information about **admissions** please call 416-480-6182 or fax 416-480-6118

To **contact the unit** directly please call 416-480-6100 x4105 (K1C) or x3144 (K1E)

Donations

Your gifts of support help us enhance the quality of end-of-life care. If you wish to express your gratitude or your commitment in this way, please make your cheques payable to:

Palliative Care Unit

c/o The Sunnybrook Foundation
2075 Bayview Avenue
Toronto, Ontario M4N 3M5
416-480-6182

Sunnybrook.ca/PalliativeCareUnit

Fully affiliated with the University of Toronto



when it matters
MOST

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Palliative Care Units K1E & K1C

Enriching the Circle of Life

Compassion

Quality of Life

Whole Person Care



Goals of Palliative Care

The palliative care team offers comfort and compassionate care to enrich your quality of living as you near the end of your life.

We will:

- help you with your physical care needs, such as bathing, feeding and dressing
- help you to feel comfortable by managing physical symptoms and pain
- provide you and your family with emotional and spiritual support and the opportunity to be part of the community on the unit
- help you to continue to do the things that are meaningful to you such as listening to music, reading, going outside to the garden, visiting with friends and family etc.



In memory of Heather Clarke Axelson

Palliative Care Unit Environment



- there are ward rooms (3 beds), semi-private rooms (2 beds) and private rooms on the unit
- there is a fee for semi-private and private as well as a waiting list for these rooms
- rooms have basic cable and cd players (you may need to bring a tv and headphones)
- you can bring personal items like photographs or quilts for your room
- there is a kitchen and family room area with a fridge, microwave, tables, comfortable chairs and a fireplace



Health Care Team

The Palliative Care Unit team consists of many different health professionals, staff and volunteers who will work together with you and your family to meet your needs. The clinical team members meet weekly to talk about your needs and concerns and together with you develop a plan of care. A family conference with the team will be offered within a few days of moving to the unit.

“Your caring ways, not only of my mother’s physical needs, but also her emotional and spiritual needs, allowed her a quality of life we never could have imagined.”
- Family member



“I consider myself honoured and privileged to be able to share in the journeys of those approaching the end of life. I would be hard-pressed to find a more real, meaningful and rewarding work experience.”
- Staff