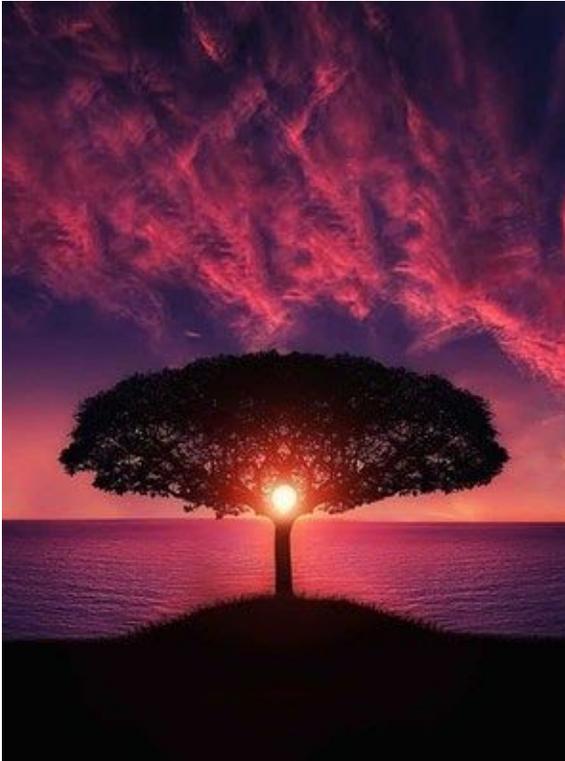


A Quick Guide



What We Do:

Palliative care requires a multi disciplinary approach and the BAPC is comprised of individuals from various disciplines, who work together to:

- help you understand and come to terms with your illness
- help you plan your treatment and care
- respect your privacy and maintain confidentiality
- offer ways to help ease your pain and make you comfortable

As a part of our holistic approach to your care, we also:

- offer dietary assistance and advice
- help you to vent and say the things that matter most to you
- help you to look back on your life and make peace
- offer emotional support
- help you with keeping appointments and managing your medication
- support you to make sure that you never feel alone or abandoned
- offer respite care services for patients, to allow relatives to be relieved of their responsibilities when necessary, in order to prevent "caregiver burnout".

How it Works

1. **Patient diagnosis:** upon receiving the news about your life changing diagnosis, your doctor should provide you with contact information for the BAPC, so that by using our multidisciplinary approach we can, along with your doctor, ensure that all patient needs are met.
2. **Initial Contact:** Our President, Ms. Deiann Sobers, as well as our Community Nurse or Doctor, will make a preliminary visit to discuss goals of care with the patient and their loved ones.
3. **Follow up visits:** We stay in regular contact with all of our clients to ensure that all needs are met. As illnesses progress, patient needs will tend to change; we will be there to assist and advocate as necessary.
4. **Advocacy:** Whether it's assistance communicating with your insurance provider, or help sourcing home medical supplies, or any of the other needs that arise during a serious illness, we're here to guide you every step of the way.
5. **Encouragement:** We encourage all patients, and remind their loved ones, to KEEP LIVING! For as long as your health allows, continue to do the things that bring you joy, relaxation and peace.
6. **Bereavement:** When a loved one leaves, our assistance doesn't end; our bereavement services are available to grieving relatives, upon request.

Remember...

Palliative care ideally begins at the point of diagnosis of any life limiting illness and as the patient's needs change throughout the course of illness, our delivery of care is adjusted to suit those needs.

Early initiation of quality palliative care has been proven to improve quality of life and increase life expectancy, in some cases by as much as a year.

Whether you are a physician, nurse, patient, relative, or even a family friend, contact us at the BAPC to discuss how we may be of assistance to you, or someone you know!

Contact information:

(246)234-9196

(246)233-1216

info@barbadospalliative.org