

Home Hospice North Lanark was founded in 2013 by a group of local citizens to address the needs of those facing a terminal diagnosis. Over the years, our services and area have evolved and expanded to include support for people all of North Lanark who have challenges with day-to-day life and/or are isolated, but do not have a terminal diagnosis.

We remain committed to supporting our clients and their caregivers as well as providing resources and public education to the general public.

**We are here for you.
You need only reach out.**

**email: info@hhnl.ca
phone: 613-406-7020
or 343-262-0902
fax: 613-691-6060**

**Learn more at
www.hhnl.ca**

Please note that the above numbers reach our Program Coordinators.

For other inquiries, please visit
hhnl.ca/contact-us/
or email chair@hhnl.ca



**Home Hospice North Lanark
P.O. Box 787, Almonte, ON K0A 1A0**



Our Vision

Every person at the end of their life may live in dignity, respect and comfort and not feel alone.

Our Mission

We are a hospice without walls that, through education, advocacy and our presence, offer companionship and support to enhance the well-being of individuals and their caregivers during life-limiting illness and bereavement, within our community.



Our services are based on a holistic approach to clients and their families, respecting culture, dignity and personal lifestyle preferences.



Funded solely by donations and fundraising activities, Home Hospice North Lanark is a Canadian Registered Charity (#821748134RR0001).

To make a donation please go to our website at hhnl.ca and visit our "Donate Now" page.

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Home Hospice
North Lanark

**Comfort, Compassion,
Advocacy and Support
in Your Own Community**



**Serving Almonte, Carleton Place,
Appleton, Clayton, Beckwith, Blakeney,
Pakenham, and Surrounding Areas**

www.hhnl.ca

You or someone you love has received a terminal or life-altering medical diagnosis, or is really struggling with day-to-day life and you don't know where to turn. Now what?

1.

Breathe! Hearing the news that your health or the health of a loved one has changed from cure to care can be a frightening time. You probably have many questions. It's hard to take it in and process it all. It's difficult to know what to do, and to figure out what you need and where to turn.

2.

Reach Out. Call our **Program Coordinators** at **613-406-7020** or **343-262-0902**, email **info@hhnl.ca** or fax **613-613-691-6060**. You will get a call or email within two business days to set up an appointment to discuss how best to support you. Our Program Coordinator will come and meet with you and the people who support you and help you to develop a plan that suits **you**. We will come to wherever your home is — in your private home, long-term care home, a care facility or hospital. *All services are confidential and free of charge.*

Assessment

When our Program Coordinator sits down with you, your caregiver and/or family, they will listen first. This is your opportunity to “let it all out.” All of your fears, all of your challenges. This process usually includes a discussion around Advance Care Planning. This is to ensure that your wishes are known to your family, and alternate decision makers are in place should you be unable to make your own decisions.

Advocacy

Once our Program Coordinator has a handle on your situation, they will guide you through the system. It seems like a maze when you first encounter these situations, but we're experts. We'll help you figure out where to get help or practical items. Some examples are: cleaning, food delivery, furniture, mobility aids and medical devices, and referral to the Lanark County Community Paramedicine program.

Visiting Volunteer

If you choose to sign up for our Visiting Volunteer program our Program Coordinator will match you with one of our specially trained volunteers. Your needs and wishes will be the most important consideration when planning what you want from this relationship. Some clients choose to simply sit quietly. Others find music, crafts or playing cards therapeutic. We'll offer suggestions, but the bottom line is, it's up to you.

Caregiver Support

We're “there” for you, too. Everything we offer our clients — Assessment, Advocacy and someone to talk to — are available to caregivers as well. We also organize Practical Caregiver Training and other courses on a regular basis, and assist with finding the supports that you may need. The Caregiver can also be our primary client.

Self-Directed Support

- Drop in to one of our satellite offices. Visit: hhnl.ca/contact-us/, or call or email for information.
- Local libraries have a collection of relevant books (<https://hhnl.ca/resources>) and other information.
- Check our website for Public Education events and links to resources and information about Advance Care Planning at hhnl.ca/public-education-events

3.

Grief and Bereavement Support. The unavoidable reality of caring for someone who has faced a terminal diagnosis is that you will eventually have to find a way to move through life without your loved one. Everyone's grief journey is unique, and for some the grieving may even start while your loved one is still with you. We offer support, advocacy and companionship. As with all our services, we do our best to listen well and help you find the best way forward for you. For some this may be a grief group; for others a referral to a one-on-one counsellor.