



How Hospice of Waterloo Region Can Help

*A variety programs and services are available to support clients and their caregivers/those supporting the client. Our services support a palliative approach to care and are person-centered, focusing on individual needs. **Our supports are offered at no charge to clients and/or their caregivers through the generous support of funders and donors.***

Services

Volunteer Visiting Program – Highly-trained volunteers are matched, one to one, to make weekly visits to clients' homes. These 1:1 volunteers provide support and companionship to the ill person and respite for the caregiver.

"Day Away" Program – This full-day program, with a social recreational focus, is offered in Kitchener and Cambridge for individuals living with a life-limiting illness. The focus is on well-being and gentle self-care.

Transportation – Services are available for those requiring transportation to Hospice programs and services or to 'in-town' or 'out-of-town' medical appointments.

Professional Counseling – Professional counselors support those experiencing challenges coping with illness, the impact of supporting someone who is ill or with bereavement.

Support Groups – Caregiver Group for people who are supporting someone with an illness leading to end-of-life; Bereavement Group for those whose loved one has died; Rainbow Bereavement Group for the LGBTQ+ community; Indigenous Grief Support Group; Mindfulness- and Wellness-Based Workshops.

Respite Care – Caregivers experience support when a 1:1 matched volunteer takes on the responsibility of visiting their client, during their once a week visit.

Vigiling – Highly-trained volunteers provide a compassionate presence at the bedside in the last 48 hours of life.

Hair Salon – Professional hairstylists offer washes, cuts and styles, to clients and their primary caregiver, in Hospice's in-house salon.

Library Resources – Books, DVDs and CDs are available for loan on topics related to illness, grief and bereavement.

Dignity Therapy – Delivered by a professional trained in Dignity Therapy, this therapeutic intervention requires the medical referral of a Physician or Nurse Practitioner.

Legacy Activities – These are facilitated by trained volunteers who tailor the work to an individual's or family's needs.

Bereavement Walking Group – Walking groups for bereaved adults are offered in K-W.

For more information contact:

Hospice of Waterloo Region at 519-743-4114 or visit our website www.hospicewaterloo.ca