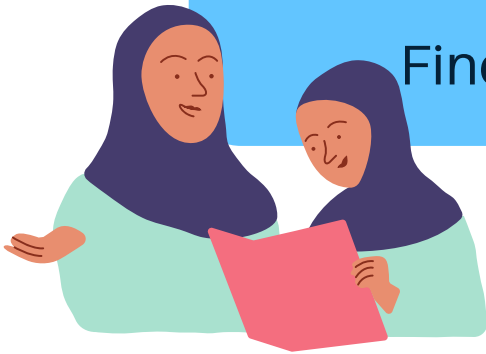


# Healthy End-of-Life Resource List

## Finding Help at the End of Life



This guide contains information on:

- **Palliative Care**
- **Medical Assistance in Dying (MAiD)**
- **Funeral and Memorial Planning**
- **Caregiver Supports**
- **Mental Health, Grief, and Bereavement Supports**
- **General End-of-Life Resources**

This guide was created by/for clients, volunteers, and staff of South-East Ottawa Community Health Centre, as part of the Healthy End of Life Project (HELP) Ottawa. HELP Ottawa is a community-based initiative that aims to better support individuals who are frail, living with advanced illness, caregiving, and/or bereaved in the community.

Sponsor: Compassionate Ottawa  
Funder: Mach-Gaensslen Foundation of Canada

seoche.on.ca. 613-737-5115



South-East Ottawa  
Community  
Health Centre  
Centre de santé  
communautaire  
du sud-est d'Ottawa



## Palliative Care

### Champlain Home and Community Care (formerly: LHIN, CCAC)

- <http://healthcareathome.ca/champlain/en/Getting-Care/Getting-Care>
- 310-2222; 613-745-5525
- In-home supports and services, such as personal care, physio, occupational therapy as well as a brochure and referral form for the Regional Palliative Consultation Team.

### Hospice Palliative Care Ontario

- <https://www.hpcoc.ca/>
- Toll free: 1-800-349-3111 (Toronto)
- Resources for individuals, caregivers, and providers on palliative care, advance care planning, and hospice care.

### Roger Neilson House

- <https://rogerneilsonhouse.ca/>
- 613-523-6300 ext 4600
- Palliative care, hospice, respite, and grief and bereavement supports for infants, children, and youth at end-of-life and their families.
- Supports and services are available through physician referral.

### SpeakUp Ontario

- <https://www.speakupontario.ca/>
- Resources for individuals and their loved ones as well as for healthcare providers. Resources include substitute decision-maker hierarchy, advance care planning and goals of care information and conversation guides, and ACP workbook.



## Medical Assistance in Dying (MAiD)

### Dying with Dignity Canada

- <https://www.dyingwithdignity.ca/>
- Toll free: 1-800-495-6156
- A not-for-profit organization, which seeks to improve the quality of life at end-of-life for Canadians. They do this through advocacy, public education and resources, and end-of-life support.



## Funeral and Memorial Planning

### City of Ottawa Essential Health and Social Supports (EHSS)

- Low-income Ottawa residents may be eligible to receive financial assistance with cremation and burial costs.
- Call 311, prior to signing a contract with a funeral home, for more information and to determine financial eligibility.

### Directory of Private Funeral Homes

- List, compiled by City News, of private funeral service providers in and around Ottawa.
- <https://ottawa.citynews.ca/directory/funeral-homes>

### Funeral Cooperative of Ottawa

- <https://www.fco-cfo.coop/en/>
- 613-288-2689
- Community-owned and operated cooperative funeral home, which offers a full range of funeral services on a not-for-profit basis.
- Ability to accommodate diverse traditions, religions, languages, and needs.
- Website includes a variety of resources and articles in English and French.
  - Topics: pre-planning, death doulas, grieving, bereavement, tips on how to have conversations about death (with children, about wishes etc.)



## Caregiver Supports

### Ontario Caregiver Organization

- <https://ontariocaregiver.ca/>
- 1-833-416-2273 (24/7 Caregiver Helpline)
- Information and a wide range of services and supports, including: 24/7 helpline; peer supports; webinar series and educational resources; group and individual counselling; toolkits; podcast; information on financial supports; a searchable directory of information and resources.
- Includes resources for a variety of communities, including youth, working caregivers, BIPOC, 2SLGBTQ+, Indigenous.

### South-East Ottawa Community Health Centre

- <http://www.seochc.on.ca/>
- 613-737-5115 ext. 2391
- Virtual Caregiver Support Program offers free online workshops on a range of topics. Caregivers may also call for information on additional community resources.
- Workshops are open to all caregivers in the Ottawa region.

# Mental Health, Grief, and Bereavement Supports

## Bereaved Families of Ontario: Ottawa

- <https://bfo-ottawa.org/>
- 613-567-4278
- Not-for-profit organization which offers a range of supports, including peer groups, share sessions, grief walks, art therapy, and loss-specific closed support groups. Donations are appreciated.



## The Compassionate Friends: Ottawa

- <https://tcfottawa.net/>
- 613-612-4951 (Paulette), 613-608-3990 (Larry)
- Not-for-profit organization which offers monthly sharing circle and peer support for parents and families who have lost a child, at any age.

## Entraide-Deuil (Français - Gatineau)

- <https://entraide-deuil.qc.ca/>
- 819-770-4814 ou sans-frais 1-866-770-4814
- Groupes de soutien pour enfants et pour parents séparément.



## Home Hospice Association

- <https://www.homehospiceassociation.com/programsandservices>
- Not-for-profit organization offering supports for a range of losses and experiences, including: pregnancy, infant, and child loss; grief and bereavement; caregiver supports; information and support for those who wish to die at home; and loss-specific death cafes.
- Website also includes links to a variety of training opportunities.

## Ottawa Pastoral Counselling Centre

- <https://www.ottawapastoralcounsellingcentre.ca/>
- 613-235-2516
- Offers a variety of fee-for-service counselling and psychotherapy supports, including grief and bereavement. All are welcome, regardless of religious affiliation or spiritual beliefs.

## Pregnancy and Infant Loss (PAIL) Network

- <https://pailnetwork.sunnybrook.ca/>
- 1-888-303-7245
- Free support and resources for Ontario families affected by pregnancy and infant loss. Information and resources are also available for professionals.



# General End-of-Life Resources



## Bereavement Authority of Ontario (BAO)

- <https://thebao.ca/>
- Toll free: 1-844-493-6356
- Independently governed, government-delegated authority which is responsible for the regulation of funeral, transfer, cemetery, and crematorium services in Ontario.
- Website includes a pre-planning tool, information on rights and responsibilities, a directory of grief and bereavement services, and public registers of licensed funeral establishments and individuals.

## Canadian Virtual Hospice

- [www.virtualhospice.ca](http://www.virtualhospice.ca)
- Online resources and supports, designed to support diverse communities and needs.
- Includes information and resources for individuals and professionals. Topics include grief, caregiving, living with a life-limiting illness, end-of-life, palliative care, MAiD, and more.

## Champlain Health Line

- <https://www.champlainhealthline.ca/listCategories.aspx?id=10020>
- Online database of resources and practical supports available within the Champlain region, including advance care planning, counselling and bereavement support, caregiver supports, end-of-life supports, palliative care, hospice, long-term care and more.

## Champlain Hospice Palliative Care Program

- <https://champlainpalliative.ca/>
- 613-683-3779
- Resources and links to information on palliative care, advance care planning, grief and bereavement, caregiver supports, end-of-life care and more.

## Compassionate Ottawa

- <https://compassionateottawa.ca/>
- 613-232-4025
- Not-for-profit organization, offering free events and resources centering on Advance Care Planning and Grief and Bereavement.

## Hospice Care Ottawa

- [www.hospicecareottawa.ca](http://www.hospicecareottawa.ca)
- 613-260-2906
- Non-profit organisation, offering funded counselling and practical supports to those living with a life-limiting illness, caregivers, and those who are grieving a loss.

