



Where to Start... Looking Ahead when you are Seriously Ill

Suggestions for resources when you **begin** to look for information about looking ahead when you are seriously ill.

Prepared by

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www.ottawahospital.on.ca/patient/visit/chlib/index-e.asp



The following resources are available at The Ottawa Hospital Patient and Family Libraries. The Ottawa Hospital has two patient and family libraries - one for general health information at the Civic Campus (Main Building, Room D100A) and the Ninon Bourque Patient Resource Library - specializing in cancer-related information - at the General Campus (Cancer Centre, Main Floor).

These resources are provided for information purposes only and are not intended as a substitute for medical care. If you have any questions about your healthcare, please consult your healthcare provider.

Inclusion of a resource does not imply endorsement by The Ottawa Hospital. If you would like more information about this topic, please contact the Patient and Family Library or the Ninon Bourque Patient Resource Library.

<p>Booklets</p>	<p>A Guide to Advanced Care Planning http://www.culture.gov.on.ca/seniors/english/programs/advancedcare/docs/AdvancedCare.Guide.pdf To order a print copy of this booklet call 1-888-910-1999 and a copy will be sent at no charge.</p> <p>Power of Attorney Kit http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/poakit.asp This booklet contains instructions and forms for a Continuing Power of Attorney for Property and a Power of Attorney for Personal Care.</p> <p>Jewish General Hospital Living Will http://www.jgh.ca/SITES/DOCS/031_003-16-clinical-ethics-committee/2142007160635.pdf This blank Living Will document can be used to record your instructions.</p> <p>University of Toronto Joint Centre for Bioethics http://www.jointcentreforbioethics.ca/tools/livingwill.shtml Information about the Living Will created by U of T is available here. The document "Living Will for Cancer Patients" is also available.</p>
<p>Telephone</p>	<p>Hospice Palliative Care Information Line 1-877-203-INFO</p>
<p>Books and Other Resources</p>	<p>Facing death embracing life : understanding what dying people want. David Kuhl. 2006. "I don't know what to say..." : how to help and support someone who is dying. Robert Buckman. 1996. Final conversations : helping the living and the dying talk to each other. Maureen P. Keeley. 2007.</p> <p>Search our catalogue: http://www.ottawahospital.on.ca/library/consumerhealthcatalogue-e.asp</p>
<p>Web Sites</p>	<p>Living Lessons Organization http://www.living-lessons.org/</p> <p>Sir Mortimer B. Davis Jewish General Hospital http://www.jgh.ca/SITES/003-16-clinical-ethics-committee/index.asp?C=1&DB=031_003-16-clinical-ethics-committee&M=9&L=E</p> <p>Virtual Hospice http://www.virtualhospice.ca/Default.asp</p>