

2023

# Palliative Care Volunteer Services

Centennial Building,  
QE II



## **Palliative Care Volunteers**

Volunteers are on Unit 7A every day at the following times:

- › 10 a.m. to 2 p.m.
- › 6 to 8 p.m.

They offer companionship and help as needed.

- › For example, you can ask them to read to you, get you a cup of tea, or get you an extra blanket.

## **Therapy Dog Volunteers**

Therapy dogs visit the unit at different times during the week.

The visit times may change. Tell a member of your health care team if you would like a therapy dog to visit you.

## **Palliative Care Photography Volunteer**

You can have a skilled photography volunteer take photos of you with your loved ones or support persons on the hospital grounds. Tell a member of your health care team if you are interested in this service.

## **Palliative Care Legacy Volunteer**

You can have a personal story documented as a keepsake, or to share with your loved ones. Tell a member of your health care team if you are interested in this service.

## **Palliative Care Hairstylist**

You can have a skilled hairstylist cut and/or style your hair. Tell a member of your health care team if you are interested in this service.

## **Palliative Care Grief Resource Volunteers**

These volunteers call people who are grieving to provide information about resources and support available through Palliative Care.

## **Cookie Time**

Volunteers make cookies in the 7A kitchen during the week to deliver to patients and their support persons.

## **Breakfast Club**

Volunteers make homemade waffles in the 7A kitchen 2 times a month. If you are interested, ask a member of your health care team for more information.



## **Other Supports on 7A**

### **Social Worker**

The palliative care social worker offers practical support and resource navigation.

- › Phone: 902-473-3175

### **Music Therapy**

The palliative care music therapist uses music to improve and keep up your mental, physical, emotional, and spiritual health.

- › Phone: 902-473-8625

### **Spiritual Care**

Spiritual care providers offer emotional and spiritual support for many different religions and beliefs. Tell a member of your health care team if you would like a visit from a spiritual care provider.

## **Bereavement Program**

Bereavement services support patients, their families, and their friends with the grief journey.

Services include:

- › Grief counselling
- › Support groups
- › Memorial services
- › Grief education and resources

## **Bereavement Coordinator**

- › Phone: 902-473-1622
- › [www.nshealth.ca/bereavement](http://www.nshealth.ca/bereavement)

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

*Prepared by: Volunteer Services,  
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The information in this pamphlet is to be updated every 3 years or as needed.