

THE CANDID APPROACH

*The CANDID service is about Equity. It is an opportunity for **every** individual to access the care that is needed and wanted, particularly as they begin to consider the quality of life as they approach death. Thinking about and planning for comfort and choice is important and we are here to support **you!***



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Canadian Mental Health Association
Durham



A positive space

Choice AND Dignity In Death (CANDID)



Canadian Mental Health Association Durham

Nurse Practitioner-Led Clinic





Primary Palliative Care

- A way to improve the quality of life for individuals with chronic progressive disease(s)
- Aims to relieve symptoms associated with life-limiting illness
- Ensures timely symptom assessment and more coordinated treatment
- A holistic approach to your care

Palliative care is **not** aimed at hastening death!

- It is often used in conjunction with therapies to enhance quality of life and decrease pain and suffering

CANDID

- The Choice ANd Dignity In Death approach is a new service that is being offered by the CMHA Durham Nurse Practitioner Led Clinic (NPLC).
- Being a client of the CANDID program does not mean that you are imminently dying, simply that you may have life-limiting health issues which can be supported by a palliative care approach.
- **Designed for individuals who are homeless or vulnerably-housed**
- The CANDID service will be provided by an outreach team including a Nurse Practitioner, Registered Nurse, mental health case manager and administration staff.
- Incorporates early diagnosis, access to expert pain and symptom management, support for advance care planning and facilitation of end-of-life care.

If you are interested in the CANDID service, please ask us for more information.

ADVANCE CARE PLANNING

Advance care planning is about having discussions and creating a plan with your loved ones, healthcare providers, POAPC and substitute decision makers. It is a guide that will be used for your healthcare plans if you are unable to speak for yourself.

SUBSTITUTE DECISION MAKER(S)

An appointed person or persons, usually family, who will speak for— and make decisions on your behalf when you are unable, such as during illness or end of life.

POWER OF ATTORNEY FOR PERSONAL CARE (POAPC)

A legally appointed person who will speak for and makes decisions on your behalf if you are unable to speak for yourself.

NOT JUST FOR THE ELDERLY

Have the conversation early and often. Disease and progressive illness have no age limits.



Talk with your loved-ones and healthcare providers about your wishes