



Minimizing Suffering¹

- www.virtualhospice.ca A wealth of caregiver and patient resources for teens, adults, seniors and professionals
- <https://www.closingthegap.ca/palliative-care-in-ontario-palliative-care-in-ontario-everything-you-need-to-know/> a short resource that provides an overview of Palliative care in Ontario
- www.jessiczitter.com Dr. Jessica Zitter, ICU MD in Oakland California turned Palliative care physician and filmmaker. Her documentary, Extremis, was nominated for an Oscar (on Netflix) and a short documentary, Caregiver: A Love Story illuminates the highs and lows of caring for the dying at home.
- <https://www.nia.nih.gov/health/providing-comfort-end-life>
- <https://www.mariecurie.org.uk/help/support/terminal-illness/manage-symptoms/bowel-problems>
- <https://www.nhsinform.scot/care-support-and-rights/palliative-care/preparing-for-death-and-bereavement/body-changes-at-the-end-of-life#:text=If%20a%20person%20stops%20eating,to%20stop%20eating%20and%20drinking>

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- ¹Please note the following are resources provided by other Last Aid programs in other countries (note that services and legislation may differ)