



END-OF-LIFE JOURNEY: COMPASSIONATE CARE IN CONTINUING CARE

A Guide for Residents & Families

At Brenda Strafford Foundation Continuing Care, we believe that the end-of-life journey is sacred. Our goal is to provide comfort, dignity, and compassionate care during this deeply personal time.

Understanding the End-of-Life Journey

End-of-life care focuses on comfort and quality of life. It begins when curative treatments are no longer effective, and the focus shifts to emotional, physical, and spiritual support.

We walk alongside residents and families with open communication, gentle presence, and respectful care. Through advance care planning and goals-of-care discussions, we are able to truly honor each resident's wishes and values.

Our Care Approach

- Person-centered and holistic
- Pain and symptom management
- Dignity and comfort
- Spiritual and emotional support
- Cultural sensitivity
- Open dialogue with family and care team

*“What matters most to you
is what matters most to us.”*

Our Interdisciplinary Team

Do know that you are not walking this journey alone. Our dedicated team members who are passionate about their fields are by your side. Meet the people behind your care:

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| • Nurses and Health Care Aides | • Physicians |
| • Physicians and Nurse Practitioners | • Nurse Practitioner |
| • Social Workers | • Alberta Health Services (AHS) Case Manager |
| • Spiritual Care Providers | • Site Program Manager |
| • Volunteers | • Licensed Practical Nurses (LPNs) |
| • Family and Friends | • Health Care Aides (HCAs) |

Family Support

We're here to guide and support families through this time, offering care that's shaped around what you need most:

- Emotional and grief support
- Education on what to expect
- Help with decision-making and advanced care planning
- Time and space to be present with your loved one
- Bereavement follow-up services

*For more information, please contact the
Program Manager or Director of Care.*