Before a care decision is made:
- Consider your relative or friend’s end of life values and preferences
- Stay informed and ask questions
- Encourage your relative or friend to be as independent and participate in as many decisions as he or she is able

With a health care provider, explore and discuss options:
- To prevent or reduce injury from falling
- To prevent or reduce confusion (e.g. discontinue unnecessary medications)
- To manage symptoms from multiple chronic conditions
- For diet (e.g. supplements to deal with swallowing problems or weight loss)
- For dealing with fatigue (e.g. promote physical activity)

Your health is important too. If you are feeling overwhelmed, please seek support from your health care provider.

What Should I Ask About?
- What are my or my relative or friend’s biggest fears about his/her health?
- How can I help maintain my or my relative or friend’s quality of life?
- What should I expect when I am or my relative or friend is dying?

Online Resources

1) **John Hopkins Medicine**: tips for staying healthy, helpful definitions

2) **Main Line Gastroenterology Associates (MLGA)**:
This pamphlet was made to help persons with **Advanced Frailty** and their families know what to expect at the end of life so they can plan ahead. Talking about preferences early on is an important first step to a **Palliative Approach to Care**.

**A Palliative Approach:**
- Is for residents in long term care (LTC) with conditions that have no cure
- Shifts focus from prolonging life to maintaining quality of life
- Is an active approach that can start at any stage of chronic illness
- Is part of usual care
- Does not require a referral

**A Palliative Approach includes:**
- Treatment of curable conditions
- Pain and symptom management
- Social and spiritual support

For more information, please visit:
- [www.virtualhospice.ca](http://www.virtualhospice.ca)
- [www.advancecareplanning.ca](http://www.advancecareplanning.ca)

**What is Frailty?**

Frailty is a **chronic progressive life-limiting illness**. This means that symptoms worsen over time and may affect how long one lives. Frailty is:
- An age related decline in health
- Linked to cognitive problems and having multiple chronic conditions (e.g. dementia, heart disease, cancer)

Frail residents:
- Are at higher risk for falls, hospital admission, disability, and death
- Have problems with multiple body systems

**How does Frailty progress?**

It is difficult to predict how long frail persons may live, so it is good to **hope for the best and plan for the worst**.

**Acute event** (e.g. hospitalization)

**Disease Progression**

**The end stage of frailty is called “failure to thrive”. It may be related to one or more diseases.**