

How Do I Cope?

Information to Help You Live With Advanced Illness



Coping with a life threatening illness and facing death is frightening and difficult. You travel a new path, face many choices and have many questions. Hospice is here to help. Our new booklet, “How Do I Cope?” is intended to:

- answer some of the questions you have about what is happening to you;
- prepare you to make the best decisions about your care and support;
- provide you with information to help you cope;
- and, serve as a guide for the road ahead.

“Because of my work and experience, I know that information is important to you and your family, particularly at this stage of your life. This booklet compiled by Hospice Saint John & Sussex has valuable information presented in a clear and concise way that will help you on this journey. For these reasons, I am pleased to recommend ‘How Do I Cope?’ to you and your family.” - Dr. Chris O’Brien, Honourary Medical Director, Hospice Saint John & Sussex ; Medical Director, SJRH Palliative Care Unit and Hospice Palliative Care Centre; Family Physician

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