

Pathfinders provide topic-specific lists of books, DVDs, pamphlets, websites and support programs related to cancer, as well as instructions on where to find each resource. There are unique Pathfinders for a wide range of topics, from coping with a recent diagnosis to life after cancer. Pathfinders can be found at www.bccancer.bc.ca/library.

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BC Cancer Library, Patient and Family Counselling, or the BC Cancer website (www.bccancer.bc.ca). While BC Cancer does recognize the information below as useful, Pathfinders are for educational purposes only and are not a substitute for the advice of your healthcare provider.

COPING WITH DEATH AND DYING

Death and dying is an intensely personal and complex journey. During this time you and your loved ones may find yourselves in need of answers or outside support. This Pathfinder is designed to link patients, caregivers, families and friends with resources to help navigate and cope with the death and dying process.

LIBRARY/CANCER INFORMATION CENTRE RESOURCES

The names and call numbers of popular books/DVDs available for loan from the BC Cancer Library are listed below. Visit your local BC Cancer Library or go to www.bccancer.bc.ca/library to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

For People with Cancer

Advance care planning in British Columbia (DVD in English, Chinese & Punjabi)	W85.5 A245 2012
Art of dying (Book)	BF789 D4 W397 1996
Coping with advanced cancer (Book)	BF575 U58c 2005
Dying time: practical wisdom for the dying and their caregivers (Book)	BF789 F986 1997
Handbook for mortals: guidance for people facing serious illness (Book)	WB310 L989h 2011
Also available online at www.growthhouse.org	

Lap of honour (Book)	BF789 D4 E35 2019
Leaves falling gently (Book)	WB310 B344 2011
Living and dying with peace (Book in Chinese)	BF789 D4 L786 2007
Living with hope (DVD)	QZ266 L785 2004
What dying people want (Book)	BF789 D4 K96 2002
When the focus is on care (Book)	WB310 W567 2005

For Family, Friends and Caregivers

Art of conversation through serious illness: lessons for caregivers (Book)	BF789 D4 M377 2010
Be the noodle (Book)	BF789 D4 K29 2010
Caregiver's guide (Book) Also available at www.stlazarus.ca/acaregiversguide	WB310 C271 2014
The D-word (Book)	BF789 D4 B827 2010
Dying time: practical wisdom for the dying and their caregivers (Book)	BF789 F986 1997
End-of-life handbook (Book)	WB310 F312f 2007
Essentials in hospice palliative care: a resource for caregivers (Book)	WB310 M982e 2009
Few months to live: different paths to life's end (Book)	BF789 S797 2001
Final gifts (Book)	BF789 C156 1992
Final journeys (Book)	WB310 C156 2008
Graceful endings (Book)	BF575 G7 K11 2012
I don't know what to say: how to help and support someone who is dying (Book)	F789 B925 2005
Life lessons (Book)	BF789 D4 K82I 2000

Living and dying with peace (Book in Chinese)	BF789 D4 L786 2007
Living with death and dying (Book)	BF789 D4 K81 1981
No one has to die alone (Book)	BF789 D4 L439 2012
On death and dying (Book)	BF789 D4 1969
Questions and answers on death and dying (Book)	BF789 D4 K82 1974
Saying goodbye to someone you love (Book)	BF575 G7 D773 2010

AUDIO CDs

This list provides the names of just a few of the many relaxation and meditation CDs that are available at BC Cancer centre libraries.

Meditation for peaceful dying: for end-of-life patients, their family and friends (CD) **QZ266 N1952 2001**

PAMPHLETS

This list provides the names of just a few of the many pamphlets that are available at BC Cancer centres or online.

Advanced cancer (Canadian Cancer Society)

Go to www.cancer.ca and click on Support & Services→Publications, or pick up a copy from the BC Cancer Library.

My voice: expressing my wishes for future health care treatment : a planning guide

Go to www.gov.bc.ca/advancecare or pick up a copy from the BC Cancer Library.

Practical and financial support for people with advanced cancer (BC Cancer)

Go to www.bccancer.bc.ca and click on Health Info→Coping with Cancer→Practical Support→Resources.

When someone you love has advanced cancer (National Cancer Institute)

Go to www.cancer.gov and search for "When someone you love has advanced cancer."

Also available for loan from the BC Cancer Library

QZ201 U58w 2005

You've been diagnosed with cancer: Now what? (BC Cancer)

Go to www.bccancer.bc.ca and click on Health Info→Coping with Cancer→Advance Care Planning.

What to do after a death (BC Cancer)

Go to www.bccancer.bc.ca and click on Health Info→Coping with Cancer→Emotional Support→Loss and Grief.

RECOMMENDED WEBSITES

This list of websites has been compiled and evaluated by the BC Cancer librarians. For more recommended websites, go to www.bccancer.bc.ca and click on Our Services→Services→Library→Recommended Websites→Living with Cancer Websites→Palliative Care/Hospice Websites.

American Cancer Society

www.cancer.org

Click on Treatment & Support→End of Life Care.

This website has information on emotions, the importance of communication, making end-of-life decisions, choosing home care and hospice care.

Canadian Hospice Palliative Care Association

www.chpca.net

Provides resources for caregivers.

Canadian Virtual Hospice

www.virtualhospice.ca

Topics include: Talking with children; Emotional health; Spiritual health; Providing care; Visiting; Financial assistance; Managing symptoms; Decisions; Final days.

Cancer.Net

www.cancer.net

Click on Navigating Cancer Care→Advanced Cancer.

Topics include: Advanced care planning; Advance directives; Completing your life; Understanding CPR and DNR; Care through final days; Hospice care.

Caring Info

www.caringinfo.org

Topics include: Advance care planning; Caregiving; Hospice and palliative care; Grief and loss.

National Cancer Institute

www.cancer.gov

Click on About Cancer→Advanced Cancer.

Topics include: Choices for care when treatment may not be an option; talking about advanced cancer; coping with your feelings; planning for advanced cancer; advanced cancer and caregivers; and questions to ask your doctor.

SUPPORT PROGRAMS

This section provides a list of relevant support programs offered by community organizations or BC Cancer. BC Cancer centres generally offer monthly support groups, sometimes specific to particular types of cancer. Also offered are facilitated groups to help with stress reduction, including mindfulness based stress reduction, relaxation and stress management, and therapeutic touch. Support programs offered at each BC Cancer location can be found on the BC Cancer website at:

www.bccancer.bc.ca/our-services/services/support-programs

