



Outonos da Vida – Associação para os Cuidados Paliativos e Dor Crónica do Médio Tejo, started its activities last March.

Arising from the wish of a group of citizens to improve things, this charitable association has the objective of working with patients with palliative needs and/or chronic pain, of accompanying their relatives and carers, as well as collaborating and cooperating with the Unit of Palliative Care of the Hospital Grouping of the Mid Tagus and all the actions developed by this unit.

The increase in cancer cases, HIV and degenerative illnesses in today's world justifies more and more the need to implant the philosophy of palliative care in the life of these patients and their relatives and carers.

Outonos da Vida proposes to contribute by accompanying patients in their final days and their families by offering Palliative Cares and Chronic Pain relief at home and as outpatients, with the objective of relieving symptoms of pain and discomfort and with the aim of promoting a better quality of life to these patients and to their relatives.

Our activities include supporting the relatives of the patients, namely, in respect of orientation and assistance, giving emotional, spiritual and psychological support during the illness and when in mourning and promoting Palliative Care and relief of Chronic Pain to health professionals and others.

The work of the Association is performed by multidisciplinary teams, made up of doctors, psychologists, social workers, nurses and carers, nearly all on a voluntary basis, and responsible citizens who want to do a little more to help others less fortunate than themselves.

Outonos da Vida
Associação para os Cuidados Paliativos e Dor Crónica do Médio Tejo

Sede: Urbanização Casal Vaz, Lote 82 2350-867 Meia Via - Torres Novas

Delegação: CHMT - Tomar Av. D. Nuno Álvares Pereira nº21 e 21 A 2304 -909 Tomar

Telefone: + 351960330073 - +351937301546 - +351915475639

www.outonosdavid.pt

E-mail: info@outonosdavid.pt

SKYPE: outonosdavid

NIF: 508 857 155