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Advancing Indigenous Policy & Practice

Supporting The Journey Home When Seriously Ill
Companion Courses & Resources

2024

First Nations, Inuit
& Métis Program

SECTION I.

Summary

Palliative care is specialized care that focuses on caring, competent, and wholistic healthcare to enhance the quality of life for individuals living with serious life-limiting illnesses. Integrating a palliative approach to care is key to optimizing the quality of life, managing pain and other symptoms, and eliciting goals of care conversations throughout the care trajectory. This occurs across multiple settings such as home, residential care, community, hospices, homeless shelters, and long-term care.

An aging population, and increased prevalence of chronic, progressive serious life-altering illness especially in Indigenous communities have highlighted the need for access to culturally safe palliative care services and programming. With increased demands comes a call for healthcare professionals and care providers to be competent and knowledgeable in providing high-quality, culturally safe (r), and responsive care. Capacity building for healthcare staff involves enhancing palliative care competencies through education and training, which also includes policy, program development, research, and evaluation. As a result, communities and individuals will benefit from improved client and family outcomes and experiences. In addition, teams will experience better teamwork, relationship building, partnerships, and collaboration. Addressing the continuing education and professional development needs and expanding opportunities for the healthcare workforce has never been more important.

Along with basic education comes the pressing need to better understand the lived experiences of individuals, their families, and caregivers. Paramount to this is providing education options inclusive of the unique worldview of individuals, families, caregivers, and communities that embrace diversity, culture, and ethnic backgrounds. Collaboration and support from government agencies and organizations are seen as beneficial in this endeavour. Furthermore, Indigenous communities have the responsibility to guide the process of co-creating culturally safe education and training of health and social care staff working in Indigenous communities.

This learning catalog provides a pathway to navigate resources relevant to Indigenous perspectives on palliative, end-of-life care, and grief. It will help guide caregiver access to practices, policy, and programming across all levels that align with current innovative and promising best practices. The resources presented in this catalog may vary based on culture, protocols, customs, and practices relative to the values and beliefs along the journey to the spirit world.

The SE Health First Nations Inuit & Metis Programs have made significant progress in advancing the palliative approach to care philosophy through extensive education offerings and programs. In addition to curriculum and information development, they have also engaged government partners, educators, policymakers, and Indigenous healthcare professionals, to ensure the inclusion of culturally appropriate resources. This will help to increase our understanding, and awareness of education that supports aging in place, living with serious life-limiting illness, hospice palliative and end-of-life care needs, and advance care planning (ACP) conversations.

That said, accessing and understanding continuing education and professional development options (and needs) for the healthcare workforce is often difficult to navigate. Creating a national Indigenous learning catalog to disseminate information and provide tools and resources will improve healthcare professionals' ability/capacity to deliver quality palliative care.

This learning catalog highlights the latest education, training, resources, best practices, and tools available to patients/families and health care professionals supporting an Indigenous-centric and integrated palliative approach to care in Canada. The goal is to raise awareness of the resources available for educators, health care professionals, regulated and unregulated carers, patients, and families to pursue further education and training on delivering a palliative approach to care within an Indigenous context.

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ADVANCING INDIGENOUS POLICY & PRACTICE

SECTION II.

Context

1. CAPACITY BUILDING

Despite the impetus for palliative care services to be initiated earlier in the process, few healthcare providers in Canada specialize in or practice primarily in palliative care. Varying levels of palliative care education and training methods exist and may be insufficient to build broader capacity as increasing expectations are placed on all healthcare providers to deliver basic palliative care services. Capacity building through education can result in the confidence to actively participate in all aspects of care decision-making, collaboration, and healthcare provider competence. The integration of a skilled and knowledgeable interdisciplinary workforce supports the future of sustainable palliative care service delivery. This has the potential to translate into respecting cultural diversity, addressing health disparities, improving access to opportunities for promising practices, innovative competency-based curriculum development, and age-specific and creative education methods, resources, and toolkits for general practitioners, families, and other informal caregivers.

Creating a catalog for educational resource offerings on the palliative approach to care from an Indigenous perspective is a valuable tool for healthcare professionals, caregivers, and individuals seeking to improve their understanding of palliative care. This catalog can help users easily navigate the available resources and find the information they need that identifies with the trajectory of illness pathway from diagnosis to early introduction to the palliative approach and engaging in meaningful conversations about values and wishes to end-of-life comfort care and bereavement.

2. WHAT IS THE PURPOSE OF THIS LEARNING CATALOG?

The vision for the learning catalog was based on the recognition that culture and community are central to an Indigenous-specific palliative approach to care. With a particular focus on resources that embrace an Indigenous worldview, perspectives, and the expert Indigenous scholarship that exists within this context.

The overarching aim was to provide a suite of learning resources on topics of interest about the care of individuals and families living with serious life-limiting illnesses. It serves as a compass and information hub to aid in navigating and accessing comprehensive and quality palliative care education and training resources for all healthcare providers, patients, and families in Indigenous communities across Canada.

3. WHY IS IT IMPORTANT?

So that all healthcare providers both formal and informal have the knowledge, skills, and competency to support the delivery of culturally safe and responsive palliative care to those in need within diverse care settings. While there are many resources based on

Western medicine and ideology on death and dying, few learning libraries exist that capture the growth and richness of Indigenous-specific information being produced relative to palliative care. Incorporating resources from an Indigenous worldview can often support healthcare providers' cultural safety, respect for diversity, inclusion, and equity, and an appreciation of palliative care that acknowledges Indigenous communities' unique needs and beliefs. Crucial to this is understanding that learning is connected to culture, language, and traditional lands, and in a variety of ways; hands-on, land–based, reflective, lived experiences, protocols, storytelling, etc. Additionally, acknowledging the impacts of colonization on care, education, and learning and navigating pervasive Western views on health, healing, death, and dying can help guide this work.

4. WHO IS THIS LEARNING CATALOG FOR?

This learning product is designed to support the needs of regulated and unregulated health and social care providers and individuals working in Indigenous communities, home care, and long-term care homes as well as families and care partners. It may also benefit palliative care managers, educators, researchers, policymakers, organizations, governments, and other entities interested in learning more about the palliative approach to care from an Indigenous perspective.

5. HOW WAS THIS CATALOG DEVELOPED?

The Indigenous Palliative Care Learning Series was developed by SE Health in collaboration with subject matter experts and scholars (Indigenous and non-Indigenous) in the palliative approach to care, Indigenous health and wellbeing, knowledge keepers, academia, and provincial and federal government agencies. All contributors share a passion for improved access, equity, diversity and inclusion, and early integration of the palliative approach for Indigenous communities across Canada.

6. HOW IS THIS CATALOG ORGANIZED?

The guiding principles and criteria used in the development of the catalog include:

- Collaboration and consultation with organizations and subject matter experts already delivering and or creating quality evidence-based palliative care resources; content reflects the Canadian context.
- Most resources are open/free and available online, some may require registration-fees and login accounts.
- That it be available in one of the official languages primarily English.
- Must apply to the palliative approach to care in the community, homes and long term care.
- Inclusive of indigenous specific culturally safe and evidence-based education materials.
- Most importantly readily available and relevant to the needs and perspectives of health care providers working with First Nations, Inuit, and Métis in Canada.

***INDIGENOUS PEOPLES IN CANADA DO NOT REPRESENT ONE GROUP OR EXPERIENCE BUT RATHER A MULTITUDE OF PERSPECTIVES THAT INCLUDE, FIRST NATIONS, INUIT, AND METIS.*

7. HOW DO I USE THIS LEARNING CATALOG IN CANADA?

While the catalog design is meant to align with the needs of our users/readership, it is based on different levels of detail depending on the resource type and organization, constituting a blended design. This means it includes many aspects of the continuum of care topic areas such as pain management and psychosocial support, which may be more patient-centric. At the same time, the organization-based design emphasizes non-government agencies, government involvement and support,policies, practice, and programming. Combining elements of both designs best suit the catalog objectives to identify collaboration, coordinated partnerships, and relationships as fundamental to service delivery, and inclusivity. We have also added topics on complex or new emerging issues related to palliative care, such as access (homelessness/structurally vulnerable), 2SLGBTQ+, new legislation (MAiD), and Indigenous dementia.

This document includes a comprehensive table of contents, which serves as a roadmap for readers interested in a palliative approach to care that incorporates Indigenous perspectives and resources. It is divided into sections/subsections which include Indigenous Peoples Specific resources, general information (non-indigenous- for contemplation only), special considerations, collaborative partnerships with organizations and agencies, policy and practice, programming, and evaluation. Because each resource and or organization identifies topics that mostly align and overlap with the dimensions of the Palliative Approach to Care, Trajectory of Illness, and Indigenous Wellness Framework and Palliative Care, they are captured by the organization as opposed to designated sections or subsections for each topic. For example, the following dimensions: the palliative approach to care, advance care planning, clinical tools for pain and symptom management, psychological, social, emotional, spiritual, practical support, and aftercare, will be captured by organization and or resource. You will find that other sections/subsections will focus on general information, resources, and research that may not reflect an Indigenous perspective. This, however, may be used as a starting point for communities to consider and reflect upon when developing and implementing education and programming. The process for adaptation and modification of these resources will be up to the discretion of the community and may require adherence to community engagement protocols and support to define this process.

The catalog is not divided by province or is disease-specific, however, some resources may identify with serious life-limiting illnesses such as cancer and or dementia.

Special considerations for Indigenous approaches to palliative and end-of-life care include Indigenous policy, practices, program evaluation, medical assistance in dying (MAiD), homelessness/structurally vulnerable, Two-spirit & Indigenous LGBTQQIA+ and gender diverse people**, and dementia.

***REFERS TO 2SLGBTQQIA+ REFERS TO TWO-SPIRIT, LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUEER, QUESTIONING, INTERSEX, ASEXUAL AND OTHER SEXUALLY AND GENDER DIVERSE PEOPLE.*

8. GIVING THANKS (ACKNOWLEDGMENTS)

As a result of a collaborative effort and leadership from SE Health, we wish to acknowledge the invaluable contributions of many in the design, development, and peer review of this curated resource. This has been made possible as a result of the extensive work and commitment from external partners, healthcare organizations, agencies, governments, academia, and health authorities in each province.

Most importantly, we acknowledge our Indigenous partners, organizations, and community leadership who continue to be committed to collaboration and engagement on the topic of palliative and end-of-life care. SE Health appreciates their ongoing commitment to advancing timely, accessible, and culturally appropriate palliative and end-of-life care education, training, and resource development across Canada.

Lastly, we thank the community health and social care providers, First Nations, Inuit and Métis Elders, and Knowledge Carriers working within Indigenous communities who continue to provide us direction and remind us that Indigenous peoples must lead the way in how individuals and families are cared for along the trajectory of illness that is both equitable and culturally safe.

A. LAND ACKNOWLEDGEMENT

SE Health respectfully acknowledges and respects the treaty, unceded Traditional lands and territories, and ancestral lands where we live, love, and work.

SE Health acknowledges the history of many nations and is committed to a relationship with First Nations, Metis, and Inuit based on the principles of mutual trust, reciprocity, and collaboration in the spirit of reconciliation. As an organization, we are committed to working towards reconciliation and decolonizing our work and committed to educating ourselves both personally and professionally. We are inspired by SE Health’s purpose to bring hope and happiness and our long-standing commitment to collaborating with First Nations, Inuit, and Métis communities and organizations across Canada, which honours, respects, and acts upon the work of the Truth and Reconciliation Commission. Please click below to discover how SE Health’s First Nations, Inuit, and Métis Program is Working Together for Indigenous Health. https://fnim.sehc.com/

B. CONTENT DISCLAIMER

SE Health is pleased to offer this resource catalog. It is designed as a starting point that reflects the current landscape of professional development opportunities offered in Canada. Although we have taken time to collect and catalog these offerings, it is not an exhaustive list. It is, however, meant to guide how to navigate education options for professional development. It is a living document and will evolve as new innovative and promising practices in palliative care are developed. We will do our best to update this resource with the latest Indigenous palliative care resources relevant to Canadian

Indigenous communities. However, if there is a discrepancy in the material or any information presented, please advise SE Health. In addition, if we have missed anything we welcome your feedback or suggestions for content, please email atyoursidefnim@sehc.com

*****Please note: these resources are freely available to the public, are provided for information purposes only, and do not constitute an endorsement by SE Health. We are not liable for the information, content, or any inaccuracies of the information presented. Please contact the external resource directly should you have questions or concerns.***

LINKS TO THIRD-PARTY WEBSITES

This toolkit contains links to third-party websites and resources. These links are provided for your convenience, and SE is not responsible for these external sites' content, accuracy, or availability. Including links does not imply endorsement or affiliation with the linked entities.

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SECTION III.

Introduction to Palliative Care

1. OVERVIEW OF PALLIATIVE CARE

This introduction provides an overview of the palliative approach to care, guiding principles, and the importance of early integration into the individual's palliative journey.

For this learning product, we have noted the World Health Organization (WHO) definition of palliative care:

THE PALLIATIVE CARE APPROACH

> **"Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual."**
>
> **- WHO (2020)**

The reality in today's society is our changing demographics, individuals are living longer and often faced with living with serious life-limiting illness. This places increasing pressure on the health system and a high demand for palliative care services delivered by a range of providers within multiple care settings. Delivering care that is respectful of and responsive to the values, beliefs, and preferences of the person receiving care is paramount. Person-family centred care is often at the core of this as individuals play a more active role in health decision-making, treatment options, and choices for the care setting at end of life i.e. home, home community, and long-term care facilities.

These resources will highlight and attempt to address some notable gaps or challenges present in Indigenous palliative care service delivery which could include; lack of access, place and location of care, and the fact that death is often outside the community and not the preferred place which is in the 'home'. This concept of 'home', or supporting the journey 'home' and aging in place extends beyond the physical space. It is a place, a connection, and a feeling, where relationships matter and people gather to share and support each other especially when someone is seriously ill and facing the end of life.

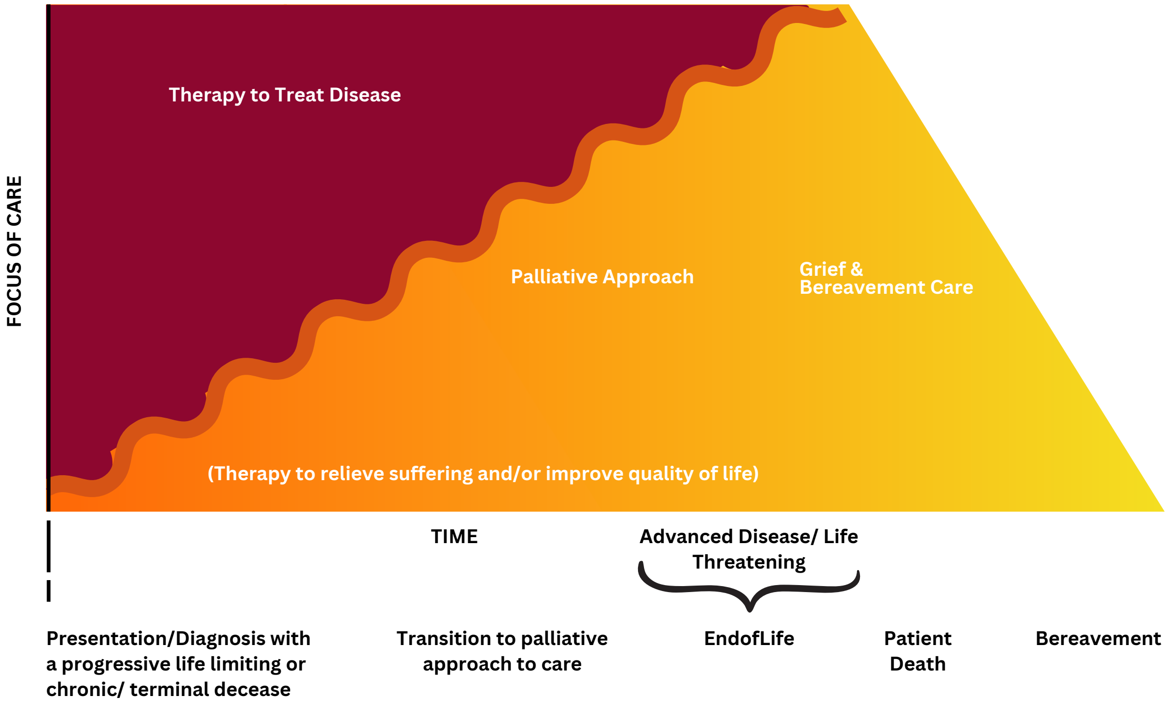
Leveraging this dilemma and building Indigenous capacity means strengthening and embedding a palliative approach to care.

***REFERENCE: WORLD HEALTH ORGANIZATION (WHO). 2020, AUGUST 5. PALLIATIVE CARE. RETRIEVED AUGUST 2, 2023. <HTTPS://WWW.WHO.INT/NEWS-ROOM/ FACT-SHEETS/DETAIL/PALLIATIVE-CARE>.*

2. PALLIATIVE APPROACH TO CARE

Palliative care is not solely about end-of-life care, it can begin at any stage of the trajectory of serious illness, from the time of diagnosis, during the treatment phase, to the end of life, and extending to grief and bereavement. Understanding this trajectory helps identify and map out the patterns of needs, interventions, and timeframe to integrate a palliative approach. The aim is symptom management, alleviating suffering, and enhancing the overall well-being of patients and their families. Palliative care is provided by a skilled and competent multidisciplinary team of healthcare professionals, including doctors, nurses, social workers, chaplains, and other specialists, who collaborate to address the diverse needs of patients. Informal caregivers are an essential part of the circle of care, which includes families, volunteers, elders, etc.

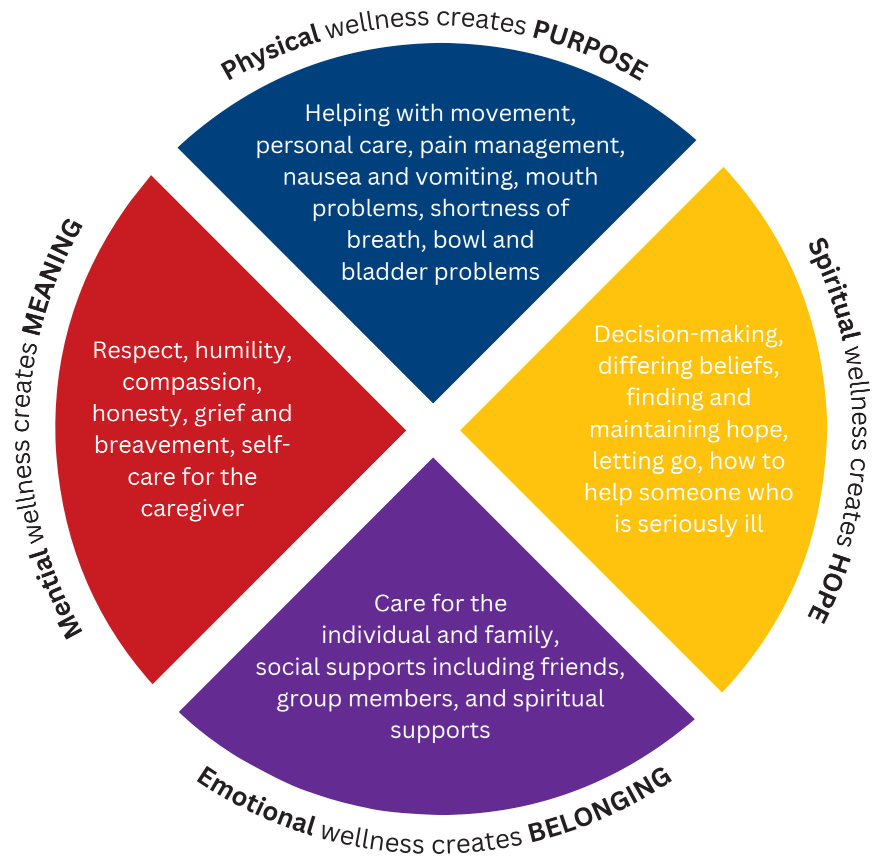
Resources outlined in this catalogue resonate with all aspects of the palliative care trajectory. (see Figure 1 for a visual depicting the palliative care trajectory).



***CITATION: IMPROVING END-OF-LIFE CARE IN FIRST NATIONS COMMUNITIES RESEARCH TEAM, LAKEHEAD UNIVERSITY (2015), DEVELOPING PALLIATIVE CARE PROGRAMS IN FIRST NATIONS COMMUNITIES: A WORKBOOK, VERSION 1, RETRIEVED FROM WWW.EOLFN.LAKEHEADU.CA. HTTPS://EOLFN.LAKEHEADU.CA/WP-CONTENT/UPLOADS/2015/07/PALLIATIVE-CARE-WORKBOOK-FINAL-DECEMBER-17.PDF*

PRINCIPLES OF PALLIATIVE CARE

The palliative approach to care is grounded in principles that prioritize the well-being of individuals facing serious illness. The philosophy of palliative care considers the individual as a whole and their physical, emotional, social, and spiritual dimensions as interconnected. It also recognizes the importance of cultural diversity and seeks to address these wholistic concepts comprehensively. The Indigenous Wellness Framework & Palliative Care schematic depicts the balance and synergistic concepts of health and wellness from two perspectives, an Indigenous worldview and Western medicine. It is the duality of traditional and Westernized ways and a deeper understanding of their interrelationships that allow health and social care providers and carers to provide quality care.(see Figure 2 for a visual depicting the Indigenous Wellness Framework & Palliative Care).Figure 2. Schematic of the Indigenous Wellness Framework: Indigenous Wellness and Caring: The Role of the Indigenous Wellness Framework in Caring for a Loved One



Adapted from Elder Jim Dumont, National Native Addictions Partnership Foundation, Honouring Our Strengths: Indigenous Culture as intervention in Addictions Treatment Project - University of Saskatchewan: Author. Canadian Institutes of Health Research, Funding Reference Number AHI-120535.

Included in the catalog are resources that speak to all the dimensions of the Indigenous Wellness Framework & Palliative Care, such as clinical practice tools for active pain and symptom management which is central to palliative care- this also involves the alleviation of mental and spiritual distress and suffering, psychosocial support and counseling; effective communication and shared decision-making guide relevant to serious illness conversations and goals of care; transition support to the end of life care policies and programming and grief and loss.

***PRINCE, H. (2023). INDIGENOUS WELLNESS FRAMEWORK & PALLIATIVE CARE IS LOCATED IN THE PALLIATIVE CARE FOR FRONT-LINE WORKERS IN INDIGENOUS COMMUNITIES. CENTRE FOR EDUCATION AND RESEARCH ON AGING & HEALTH, LAKEHEAD UNIVERSITY, THUNDER BAY, ON. THE MODEL WAS ADAPTED FROM ELDER JIM DUMONT, NATIONAL NATIVE ADDICTIONS PARTNERSHIP FOUNDATION, HONOURING OUR STRENGTHS: INDIGENOUS CULTURE AS INTERVENTION IN ADDICTIONS TREATMENT PROJECT - UNIVERSITY OF SASKATCHEWAN. (2014). REFERENCE GUIDE. BOTHWELL, ONTARIO: AUTHOR. CANADIAN INSTITUTES OF HEALTH RESEARCH, FUNDING REFERENCE NUMBER AHI-120535.*

3. EARLY INTEGRATION OF PALLIATIVE CARE

Early integration of palliative care can start at any stage of illness, preferably soon after diagnosis. Incorporating this approach into a patient's treatment plan is beneficial toward providing holistic, patient (and family) centered care that aligns with their wishes, values, and preferences at the end of life. Recognition of the importance of family and community involvement in Indigenous palliative care as part of the circle of care has the potential to improve communication and support for families, improved outcomes, and a higher quality of life. Several resources outlined throughout the catalog support this approach.

SECTION IV.

Understanding Indigenous Perspectives on Palliative Care

1. INDIGENOUS CULTURAL SAFETY IN PALLIATIVE CARE

Integration of an Indigenous palliative care presence into mainstream healthcare is most successful with education and the acknowledgment of historical trauma and indigenous health disparities experienced by Indigenous communities due to colonization, racism, forced assimilation, and loss of language and culture including higher rates of chronic illnesses, lower life expectancy, and limited access to healthcare services.

The importance of cultural safety, awareness, humility, and respect for traditional healing and cultural practices for healthcare providers and caregivers providing palliative care cannot be understated. Incorporating aspects of Indigenous perspectives on palliative care supports healthcare professionals' efforts to deliver culturally sensitive and respectful end-of-life care. It ensures that Indigenous patients and families receive care that aligns with their values, beliefs, and cultural practices, ultimately enhancing the quality of their palliative care experience.

See SECTION V below for specific resources on Cultural Safety, Awareness and Responsiveness Training for Healthcare Providers.

REFERENCE FOOTNOTE # 6: SCHILL, K., & CAXAJ, S. (2019). CULTURAL SAFETY STRATEGIES FOR RURAL INDIGENOUS PALLIATIVE CARE: A SCOPING REVIEW. BMC PALLIATIVE CARE, 18(21), 1-13.

SECTION V.

Indigenous Specific Palliative Care Resources and Palliative Care Resources From Indigenous Perspectives

Canada's Indigenous peoples have long advocated for the importance of culturally safe and wholistic palliative and end of life care education for their communities. Indigenous-led and informed engagement and collaborative partnerships are one way to support Indigenous capacity building and learning. This will support the premise that culture is foundational and that community priorities, diversity, Indigenous knowledge, and practices be embedded into education and training to meet the needs of Indigenous peoples.

*****Indigenous Peoples in Canada do not represent one group or experience but rather a multitude of perspectives that include, First Nations, Inuit, and Metis. This section is not specific to one nation.***

INDIGENOUS UNDERSTANDINGS OF LIFE

“Life is a circle, an ‘earth walk,’ a pathway followed throughout life, striving for completeness and wholeness in growing and developing spiritually...Dying is an important part of completing the circle. It is life’s journey coming to completion and the fulfillment of our purpose. In death, the body dies. The spirit does not die but goes to the spirit world, to a place of understanding and wisdom, returning to the Creator.

- Kinoshameg, R. Wikwemikong First Nation, 2017

The Indigenous resource catalog is guided by the values of respect, relevance, reciprocity, relationships, and reconciliation. While general information and resources will be shared in later sections, this chapter/section or subsection is dedicated to raising awareness and improving access to resources, courses, and training options specific to and relevant from the perspectives of Indigenous Peoples in Canada. The catalogue design is not organized by specific topic areas about the palliative approach or trajectory of illness. However, it aligns with the continuum of care, which is based on resources relative to advance care planning; diagnosis and early integration of the palliative approach; clinical practice tools for pain and symptom management and active treatment; psychosocial and spiritual support for clients and families; transitioning from curative to palliation and end of life decision –making; to bereavement, grief, and loss.

CITATION: PERSONAL COMMUNICATION FROM KINOSHAMEG, R. WIKWEMIKONG FIRST NATION, 2017 AS CITED IN PRINCE, H. (2023). PALLIATIVE CARE FOR FRONT-LINE WORKERS IN INDIGENOUS COMMUNITIES, CENTRE FOR EDUCATION AND RESEARCH ON AGING & HEALTH, LAKEHEAD UNIVERSITY, THUNDER BAY, ON.

1. CULTURAL CONSIDERATIONS FOR INTEGRATING INDIGENOUS PERSPECTIVES AND RESOURCES

Resources and content in this learning product may not be suitable or appropriate for all communities. Existing resources, whether Indigenous-specific or non-Indigenous may unintentionally demonstrate varying degrees of cultural bias which could impede their integration and application in all Indigenous communities. It is important for readers and communities to better understand and consider these cultural nuances before adoption and integration. This awareness will facilitate the utilization and uptake of resources to ensure they are appropriate (or the 'right fit'), culturally grounded, and safe before implementation in the community and or palliative care programs and services.

Furthermore, a community-centric process or approach would be beneficial to guide the adaptation of resources, tools, policies, and programming as required that best meets the health and social needs of that particular Indigenous community. It is up to the community to outline this approach, establish engagement strategies, take time to learn, build relationships, and incorporate their Indigenous ways of knowing into palliative care education and training.

This section includes Indigenous-specific resources starting with Cultural Safety, Awareness and Responsiveness Education and Training options:

CULTURALLY SAFETY, AWARENESS AND RESPONSIVENESS EDUCATION AND TRAINING FOR HEALTH AND SOCIAL CARE PROVIDERS

Cultural safety, awareness and responsiveness education and training is often the cornerstone to providing effective palliative care to Indigenous individuals and communities by promoting culturally safe Indigenous health services. Education and training that emphasizes the importance of creating environments where Indigenous peoples feel safe, respected, and free from discrimination allows for the learner to fully reflect and benefit from the training. Health and social care providers can embrace opportunities to develop a deep awareness of the diversity of Indigenous cultures, healing traditions, and Indigenous beliefs about life, death, and the afterlife. This includes recognizing the distinctions between different Indigenous communities, and their unique practices, understanding the nuances of communication and language, and the vital presence of Elders/knowledge keepers/carriers.

This section is designed as a directory per se and explores a list of online resources, and websites offering culturally relevant information. It includes Indigenous and non-Indigenous health-related organizations and contact information for key individuals or entities providing education and best practices relevant to cultural safety, awareness, and responsiveness. Resources are intended to capture the importance of such training and its key components; cultural safety (& humility), awareness and responsiveness, historical context, addressing implicit bias and stereotype awareness, trust in end-of-life decision-making, and cultural validation. This will allow readers access to further information and support.

The following are some examples of cultural safety (safe-r) education and training options such as courses, best practices, websites listed by the organization, as well as culturally relevant research and reports.

In addition, health and social care providers can access Indigenous cultural advisors either within the community or from an Indigenous organization, who can provide cultural guidance and support.

First Nations Health Authority (FNHA)

NAME OF THE RESOURCE

Cultural safety (safer care) in providing care for Indigenous peoples

CONTACT

Address: 501-100 Park Royal South
Coast Salish Territory West
Vancouver, BC V7T 1A2

Phone: 604-693-6500
Toll –free: 1-866-913-0033

Email: info@fnha.ca

DESCRIPTION

The FNHA is dedicated to improving the health and well-being of Indigenous peoples in British Columbia, offering healthcare services and programs. The FNHA takes a leadership role by actively working with its health partners to embed cultural safety and humility best practices into health service delivery and improve health outcomes for First Nations people. Click the link below for the course description.

WEBSITE/URL

See Indigenous End Of Life Guide course (IEOLG) for course description and video https://www.fnha.ca/about/news-and-events/news/indigenous-end-of-life-guide-four-day-certificate-course

See link for an example of FN communities coming together with Regional Health Authority to improve palliative care services
https://sphf.ca/the-journey-home-project/

For general information click this link: https://www.fnha.ca/

FNHA and Health Standards Organization (HSO)

NAME OF THE RESOURCE

British Columbia Cultural Safety and Humility standard.
British Columbia Cultural Safety and Humility Standard

CONTACT

Canadian Indigenous Nurses Association (CINA)
Marilee Nowgesic
Email:
mnowgesic@indigenousnurses.ca

Health Standards Organization (HSO) & Accreditation Canada (AC)
Karen Foster
Email:Karen.Foster@healthstandards.org

DESCRIPTION

The FNHA and Health Standards Organization developed the British Columbia Cultural Safety and Humility Standard. The target audiences are governing bodies, organizational leaders, teams, and the workforce from health authorities and health and social services organizations in the province of British Columbia (BC), Canada. The standard helps organizations identify, measure, and achieve culturally safe systems and services that better respond to the health and wellness priorities of First Nations, Métis, and Inuit peoples and communities, regardless of where they are located.
In April 2023, the Canadian Indigenous Nurses Association and Accreditation Canada joined the partnership and are collaborating on a joint project for Advancing Cultural Safety and Humility Through Standards and Accreditation. This project involves preparing and testing the BC Cultural Safety and Humility Standard for use by health and social services organizations across BC. The aim is to address Indigenous-specific racism and discrimination across Canada.

WEBSITE/URL

British Columbia Cultural Safety and Humility Standard

- https://healthstandards.org/standard/cultural-safety-and-humility-standard/

https://healthstandards.org/news/partnering-to-advance-cultural-safety-and-humility-through-standards-and-accreditation-in-a-new-joint-project/

URL:

- https://healthstandards.org/standard/cultural-safety-and-humility-standard/
- https://healthstandards.org/news/partnering-to-advance-cultural-safety-and-humility-through-standards-and-accreditation-in-a-new-joint-project/

Canadian Virtual Hospice (CVH)

NAME OF THE RESOURCE

Indigenous Cultural Safety Training: Advanced illness, palliative care and grief.

CONTACT

Email: For more information email info@virtualhospice.ca

DESCRIPTION

In these modules, you will hear from Indigenous Peoples about their values, beliefs, and views about care, explore barriers to culturally safe(r) care, and learn how to address these barriers in your role. Includes grief training.

WEBSITE/URL

https://www.virtualhospice.ca/learninghub
https://learninghub.virtualhospice.ca/index.php?

Canadian Palliative Care Nurses Association (CPCNA)

NAME OF THE RESOURCE

Palliative Care in BC First Nations: Past, present, and a future of culturally safe(r) care. Past webinar-June 2023.

CONTACT

For more information
cpcnainfo@gmail.com

WEBSITE/URL

https://www.cpcna.ca/past-webinars
https://www.cpcna.ca/

DESCRIPTION

This session will explore palliative care and First Nations perspectives of wellness while on a journey to meet the Ancestors. Current ways palliative care is provided in BC First Nations communities will be reviewed, including how colonization continues to impact care. Reviewing cultural humility will set the stage for the future state of culturally safer palliative care.

OBJECTIVES

- Understand the First Nations perspective of palliative care in BC
- Review the historical impacts of colonization and how it currently affects palliative care in First Nations communities
- Identify how to provide palliative care in a culturally safe(r) way

AUTHOR/PRESENTER

Nicole Wikjord, RN, MSN, CHPCN (c), manager Chronic Conditions & Serious Illness Team, FNHA.

Healthcare Excellence Canada (HEC)

works with partners to spread innovations, build capability, and promote policy changes so that everyone in Canada has safe and high-quality healthcare.

NAME OF THE RESOURCE

Equity, Diversity, and Inclusion Virtual Learning Exchange

CONTACT

https://www.healthcareexcellence.ca/en/contact/

Phone: Toll-Free: 1-866-421-6933
Local (Ottawa): 613-728-2238

Email: General Enquiries: info@hec-esc.ca or https://www.healthcareexcellence.ca/en/contact/

Mailing address
Healthcare Excellence Canada
150 Kent Street, Suite 200
Ottawa, Ontario, K1P 0E4 Canada

DESCRIPTION

Healthcare Excellence Canada (HEC) hosted a series of recorded webinars and guided reflections. The Equity, Diversity, and Inclusion Virtual Learning Exchange is co-designed with an advisory group with diverse perspectives of the health system, including those with lived experience, pan-Canadian health organizations, and provincial quality councils.
This supports those working in healthcare, those with lived experience, and others to Understand systems of inequity that continue to marginalize different people in the healthcare system and undermine their access to safe, quality care. Explore existing biases and structures using an anti-oppression framework. Identify and apply approaches for including those who have traditionally been excluded from patient engagement because of systemic barriers.

AUTHOR

Various speakers and subject matter experts presented on the topics

WEBSITE/URL

To view the recordings of each session and related presentations and resources, please visit the individual event pages.
HEC recorded webinars:
Equity, Diversity and Inclusion Virtual Learning Exchange (healthcareexcellence.ca)
https://www.healthcareexcellence.ca/en/what-we-do/all-programs/equity-diversity-and-inclusion-virtual-learning-exchange/

Organization Website: https://www.healthcareexcellence.ca/en/
Social Media sites: Twitter | LinkedIn | Instagram | Facebook

Culturally Committed

NAME OF THE RESOURCE

Culturally Committed, Cultivating Cultural Safe Care. These resources include a Resource Hub and Video Library, Cultural Safety and Humility information, and a Blog.

CONTACT

Email: info@culturallycommitted.com

WEBSITE/URL

https://www.culturallycommitted.com / Home | Culturally Committed

DESCRIPTION

The vision is to connect Indigenous Peoples with providers who demonstrate a commitment to improving the cultural safety of their practice. The purpose of Culturally Committed is threefold: first, it creates a pathway for client feedback, so providers can learn what Indigenous Peoples want and need to create trusting relationships. Second, it provides a list of providers who are demonstrating a desire to offer culturally safe services, so clients can choose offices where they know cultural safety is a priority. Finally, they offer ongoing learning opportunities, facilitated by mentors, Elders, and experts in the field of cultural safety and humility, intending to support providers in expanding their knowledge around cultural practices, and barriers to care, and to educate on what safe care looks and feels like to Indigenous Peoples.

AUTHOR

Various Presenters

ADDITIONAL RESOURCES TO PROMOTE CULTURAL SAFETY

A list of resources can be found in the newly released Indigenous Health Professional Retention and Recruitment Toolkit. This resource was created by SE Health, First Nations, Inuit, and Metis program.

Click the link below to access the toolkit, resources are located on pg 87-88.
https://pdfs-of-qr-codes.s3.amazonaws.com/1d211ec5573403a0cacf380ecdf27fe4.pdf

Resources that promote cultural safety are also identified throughout the resource section under each organization.

Contact Information: If you have any questions about this toolkit (including implementation or dissemination strategies) or have suggestions for future editions, please connect with us directly by emailing atyoursidefnim@sehc.com.

Centres for Learning, Research, and Innovation in Long-Term Care (CLRI-LTC) in Ontario at Bruyere

NAME OF THE RESOURCE

Culturally Committed, Cultivating Cultural Safe Care. These resources include a Resource Hub and Video Library, Cultural Safety and Humility information, and a Blog.

CONTACT

Email: info@clri-ltc.ca

WEBSITE/URL

https://learn.clri-ltc.ca/courses/all-in-practicing-cultural-humility-in-palliative-care/

DESCRIPTION

This introductory free eLearning course expands on the concepts of cultural humility introduced in the Ontario CLRI’s All-In Palliative Care training and explores how these concepts apply differently to each member of an interprofessional team. This includes team members in long-term care, including personal support workers, registered nurses, registered practical nurses, nurse practitioners, social workers, social service workers, dietitians, recreation therapists, physiotherapists, spiritual care providers, and physicians. It is also applicable to students, volunteers, managers, and anyone with an interest in learning more about cultural humility in long-term care settings.

Learners move from awareness-building in that training to skill development in this course. Highlights include recognizing and respecting cultural differences and demonstrating behaviours that support the delivery of high-quality, person- and family-centered palliative care.

LEARNING OBJECTIVES

1. Define cultural humility and differentiate it from cultural competence and cultural sensitivity.
2. Recognize the importance of cultural humility in providing person-centered and family-centered care to residents with culturally diverse needs.
3. Understand the different roles of interprofessional team members in creating cultural safety, and how cultural humility requires creativity and collaboration.
4. Empathize with residents and their caregivers from diverse cultural backgrounds and understand the importance of tailoring care to meet their needs.

Centres for Learning, Research, and Innovation in Long-Term Care (CLRI-LTC) in Ontario at Bruyere

NAME OF THE RESOURCE

Culturally Responsive Palliative Care in Long-Term Care

CONTACT

Email: info@clri-ltc.ca

WEBSITE/URL

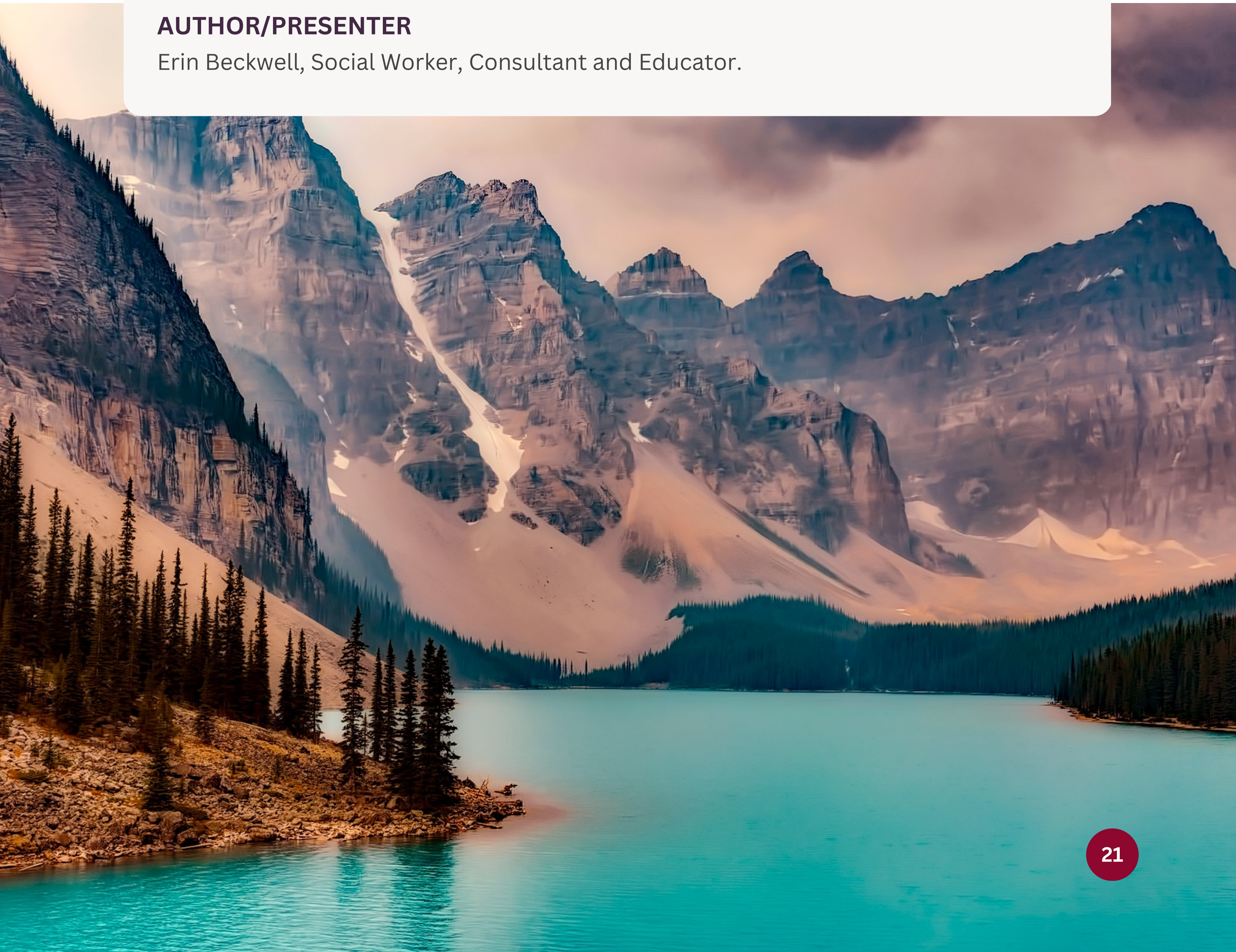
https://clri-ltc.ca/resource/culturally-responsive/

DESCRIPTION

Culturally Responsive Palliative Care in LTC with Erin Beckwell is comprised of live recorded videos, 3 full session recordings (interactive discussions); Cultural Considerations in Palliative Care; We Are All Bearers of Culture; Getting Comfortable with being Uncomfortable, and 3 mini-sessions; Starting with the Basics; Layers and Intersections; Practice Makes Perfect.

AUTHOR/PRESENTER

Erin Beckwell, Social Worker, Consultant and Educator.



CULTURALLY RELEVANT RESEARCH FOR INDIGENOUS PALLIATIVE CARE: CULTURAL SAFETY, COMPETENCY, AND HUMILITY

This is not intended to be an exhaustive list but highlights examples of relevant research and informative perspectives on cultural safety, competence, and humility.

Hospice Palliative Care Ontario (HPCO)

NAME OF THE RESOURCE

Cultural safety strategies for rural Indigenous palliative care: a scoping review

CONTACT

Address: Hospice Palliative Care Ontario | 2 Carlton Street, Suite 1718
Toronto, Ontario, Canada M5B 1J3
Phone: 416-304-1477
Toll-Free: 1-800-349-3111
Fax: 416-304-1479
Email: (General) info@hpco.ca
kschill@ucalgary.ca (Author)

DESCRIPTION

This scoping review identified several important strategies for providing culturally safe and competent approaches to Indigenous palliative care. These strategies include awareness of colonialism, racism, and discrimination, building partnerships, power sharing, and collective decision-making strategies as important cultural safety strategies.

REFERENCE/CITATION

Schill, K., & Caxaj, S. (2019). Cultural safety strategies for rural Indigenous palliative care: a scoping review. *BMC palliative care*, 18(1), 1-13.
https://doi.org/10.1186/s12904-019-0404-y
https://www.doi.org/10.25318/82-003-x201901200001-eng
https://www.nccih.ca/634/Cultural_Safety_Strategies_for_Rural_Indigenous_Palliative_Care__A_Scoping_Review.nccih?id=1131&col=3

Alternate reference # 8 & 9, citation: Schill, K., Caxaj, S. Cultural safety strategies for rural Indigenous palliative care: a scoping review. *BMC Palliat Care* **18**, 21 (2019).
https://doi.org/10.1186/s12904-019-0404-y

Additional works and cited authors

1. Funnell, S., Walker, J., Letendre, A., Bearskin, R. L. B., Manuel, D., Scott, M., ... & Tanuseputro, P. (2021). Places of death and places of care for Indigenous Peoples in Ontario: a retrospective cohort study. *Canadian Journal of Public Health*, 1-12. https://doi.org/10.17269/s41997-021-00482-y

https://pubmed.ncbi.nlm.nih.gov/34008135/#abstract

1. Tjepkema, M., Bushnik, T., & Bougie, E. (2019). Life expectancy of First Nations, Métis and Inuit household populations in Canada. *Health reports*, 30(12), 3-10. https://www.doi.org/10.25318/82-003-x201901200001-eng

WEBSITE/URL

Above research information can be found on the HPCO website:
https://www.hpco.ca/indigenous-palliative-care-cultural-competency-and-safety/

FOR EDUCATION AND STRATEGIC PARTNERSHIPS

Contact Nav Dhillon, Communities of Practice Coordinator, ext. 231 for inquiries on Advance Care Planning online learning and to order ACP resources; the following Communities of Practice: Health Care Consent Advance Care Planning, Rural Hospice Palliative Care, and Compassionate Communities

National Collaborating Centre for Indigenous Health (NCCIH)

NAME OR TITLE OF RESOURCE/PUBLICATION

Cultural Safety in First Nations, Inuit and Metis Public Health: Environmental Scan of Culturally Competency and Safety in Education, Training and Health Services

CONTACT

For information or to obtain copies.
National Collaborating Centre for Aboriginal Health | 3333 University Way Prince George, BC, V2N 4Z9

Phone: 250 960 5250 Fax 250 960 5644
Email: nccah@unbc.ca

DESCRIPTION

The purpose of this environmental scan is to provide an overview of curriculum and initiatives implemented by governments, universities, and by Aboriginal and non-Aboriginal agencies and organizations to improve the cultural competency and safety of health professionals in their relations with First Nations, Inuit and Métis patients. It highlights a range of topics. There are seven substantive sections to this environmental scan. Section three focuses on basic professional education programs.

AUTHOR

Lauren Baba

WEBSITE/URL

https://www.ccnsa-nccah.ca/docs/emerging/RPT-CulturalSafetyPublicHealth-Baba-EN.pdf

REFERENCE/CITATION

Baba, L. (2013). Cultural safety in First Nations, Inuit and Métis public health: Environmental scan of cultural competency and safety in education, training and health services. Prince George, BC: National Collaborating Centre for Aboriginal Health.

PALLIATIVE APPROACH TO CARE RESOURCES FROM INDIGENOUS PERSPECTIVES

Note: Most organizations will include a glossary of terms or a lexicon for clarification on Indigenous terms within their resources. Readers/users can refer to this to further support your understanding of the provision of culturally relevant palliative care. Research articles have also been presented in the catalog design to ensure readers have access to comprehensive information to support your practice.

Advance care planning (ACP) in canada	
Name of Organization	Canadian Hospice Palliative Care Association (CHPCA) Advance Care Planning Canada: First Nations Resources
About Us	The Advance Care Planning Canada initiative, spearheaded by the Canadian Hospice Palliative Care Association (CHPCA) since 2008, focuses on an accessible Pan- Canadian Framework for Advance Care Planning. The ACP initiative works in collaboration with various sectors and professional groups to accomplish our goals.
Title of Resource	**1) Advance Care Planning Long Term Care (ACP-LTC) Repository of Resources** **2) Advance Care Planning Canada: First Nations Resources** **3) Advance Care Planning Resource and Tool Repository**
Course Content	**1) Advance Care Planning Long Term Care (ACP-LTC) Repository of Resources** This repository was compiled to serve as an information hub for those working in, living at, or interacting with Canadian long- term care homes/settings and engaging in advance care planning conversations. This resource intends to help guide people through the advance care planning process by providing resources relevant to their needs and perspectives. **2) Advance Care Planning Canada: First Nations Resources** Advance care planning is a key process for supporting First Nations people to receive palliative and end-of-life care at home, in the hospital, or in a long-term care home. Everyone involved in the circle of care must know the wishes of the seriously ill person, which includes the immediate family, Substitute Decision Maker, extended family, local health care providers, and external health care providers. Resources for community education are thus required to empower First Nations people to make and communicate their choices and care wishes.

	3) Advance Care Planning Resource and Tool Repository ACP in Canada values open access to the tools and resources necessary to make informed decisions regarding advance care planning. Please use our directory as a guide during your planning process.
Course Format	**Advance Care Planning National Workbook** This workbook contains tips for having conversations with others about your wishes for care at the end of life. It also includes information about making a plan, understanding medical procedures, and a sample plan. You can use the workbook to help get the conversation started. **Living Well Planning Well: An Advance Care Planning Well Guidebook** This resource intends to help you understand your rights and the legal requirements for planning for your future care. **Cancer Planning Toolkit** You have a lot to think about and it can be difficult to know where to start. One important thing you should think about is your wishes for your care in case you can't speak for yourself. **CPR Decision Aid Guidebook** This Guidebook is designed to walk you through the advantages and possible disadvantages of CPR. It also guides you through how to share your views on CPR and other life-prolonging treatments.

Course Material

Target/ Intended Audience	healthcare providers, individuals, family/caregiver, researchers, 2SLGBTQ+ individuals
Course Delivery Type & Duration	Not applicable if it is an online resource.
Course Accreditation	N/A
Fee/Associated costs	Resources are open/free and available online
Link/Website Address	Advance care planning in a LTC setting Resource: https://www.advancecareplanning.ca/resource/long-term-care-repository/

Link/Website Address	Advance Care Planning Canada: First Nations Resources: https://www.advancecareplanning.ca/resource/first-nations-acp-resources/ Advance Care Planning Resource and Tool Repository: https://www.advancecareplanning.ca/resources-and-tools/ List of resources on website
Contact Information	**Karine Diedrich (she/her/elle)** Director, Advance Care Planning | Directrice, la planification préalable des soins Canadian Hospice Palliative Care Association | Association canadienne de soins palliatifs kdiedrich@chpca.ca | chpca.ca | acsp.net **Address:** Canadian Hospice Palliative Care Association M332 – 1554 Carling Avenue Ottawa, ON, K1Z 7M4 **Email:** https://www.advancecareplanning.c a/contact- us/ Advance Care Planning in Canada **Email:**info@advancecareplanning.ca **Phone:** 613- 241- 3663 1-800- 668- 2785

Additional Notes (Indigenous Specific)

Yes, the programs and associations below have all partnered to develop advance care planning educational resources for people living in First Nations Communities. Improving End-of-Life Care in First Nations Communities https://eolfn.lakeheadu.ca/

The Way Forward Integration Initiative http://www.hpcintegration.ca/

Quality End-of-Life Coalition of Canada now known as Palliative Care Coalition of Canada (PCCC)
https://www.chpca.ca/projects/the-quality-end-of-life-care-coalition-of-canada/

https://www.pallium.ca/the-quality-end-of-life-care-coalition-of-canada-relaunches-as-the-palliative-care-coalition-of-canada/

Canadian Hospice Palliative Care Association
https://www.chpca.ca/

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	
Last Days and Hours in and Expected Death	
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	
Psycho-social, spiritual health and well- being	
Dying with dementia	Yes
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	Yes
Medical Assistance in Dying (MAID)	

ADDITIONAL RESOURCES FOR ACP AND PALLIATIVE CARE

Alberta Health Services

CONTACT

MyHealth Alberta

DESCRIPTION

Alberta Health Services recently released their “Conversations Matter Workbook” in Blackfoot and Plains Cree. Recognizing that ACP conversations can be complex, the “Conversations Matter” guidebook was developed to support individuals as they think about and discuss their wishes and values for healthcare with their families and healthcare teams.

WEBSITE/URL

https://myhealth.alberta.ca/Alberta/AlbertaDocuments/conversations-matter-guide-blackfoot.pdf https://myhealth.alberta.ca/Alberta/AlbertaDocuments/conversations-matter-guide-cree.pdf

Compassionate Alberta, Covenant Health Palliative Institute

CONTACT

https://compassionatealberta.ca/get-involvedcontact-us

DESCRIPTION

Covenant Health Palliative Institute has updated the CompassionateAlberta.ca website with newly developed and adapted resources focused on improving public understanding of palliative care and advance care planning. These include:

- Plan Ahead Toolkit,
- My Wishes Alberta Workbook,
- Understanding Palliative Care, (an interactive, online, module)
- PalliLearn: Four courses that help people develop the knowledge and skills to be a supportive friend and neighbour through sickness, death, and dying, and grief.

Death Café: Explore the topic of death in a comfortable social setting.

WEBSITE/URL

https://compassionatealberta.ca/

Palliative Approach to Care Resource Library: BC Centre for Palliative Care

Name of Organization	BC Centre for Palliative Care
About Us	BC Centre for Palliative Care works with partners in the health system and community along with researchers and policy makers to accelerate the spread of innovations and best practices to improve the quality of life for people affected by serious illnesses.
Topic or Title of Program	**BC Hub for Palliative Care ECHO Program** **https://www.bc-cpc.ca/echo-project-new-home/** • An evidence-based and case-based learning and mentorship model - increasing access to specialist knowledge, expanding inter-professional networks and enhancing palliative care competency. • for community organizations and formal/informal health care providers • access to previous sessions and resources is available. • for some sessions, registration is open to learners from outside of BC **For formal health care providers:** Online Modules on PHSA-Learning Hub • Serious Illness Care: More, better, earlier conversations • Strengthen Your Core Eight 15-minute modules. Introductory education for HCPS and students with no palliative experience, working in generalist care areas, frequently encountering people with life-limiting illness. **Other resources for HCP education** • Practice support resources: https://www.bc-cpc.ca/all-resources/hcp-resources2/ • including competency frameworks and symptom management guidelines – all created with input from members of Indigenous Communities • Calendar of educational events • A catalog of educational and team building video clips for educators and leaders of health care assistants (includes specific clips for HCPs working with Indigenous communities • Self-care educational videos for health care assistants • video on the SICG adaptation with First Nations Health Authority • *Serious Illness Conversation Guide (SICG) **Community education and training** 6-hour online training • A catalogue of educational and team building video clips for educators and leaders of health care assistants (includes specific clips for HCPs working with Indigenous communities

Course Content	See above
Course Format	Self-paced
Course Material	See above
Target/ Intended Audience	Formal and informal healthcare providers and students with little palliative care experience
Course Delivery Type & Duration	Online modules, videos, calendar of events Various time commitments
Course Accreditation	Most are competency based. The SICG online module includes a completion certificate and is CME accredited
Fee/Associated costs	All courses and resources are offered free
Link/Website Address	https://www.bc-cpc.ca/all-resources/hcp-resources2/
Contact Information	Palliativeeducationnetwork@bc-cpc.ca ECHO@bc-cpc.ca
Additional Notes	PHSA Learning Hub modules may be accessed by anyone after creating a guest account
Indigenous Specific	Yes

***Clinical practice support resources and tools, including competency frameworks and symptom management guidelines, all created with input from members of Indigenous Communities can be found at: https://www.bc-cpc.ca/all-resources/hcp-resources2/*

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	No
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	No
Medical Assistance in Dying (MAID)	No

First Nations Health Authority	
Name of Organization	BC First Nations Health Authority
About Us	“The FNHA is the health and wellness partner to over 200 diverse First Nations communities and citizens across BC. In 2013, the FNHA began a new era in BC First Nations health governance and healthcare delivery by taking responsibility for the programs and services formerly delivered by Health Canada. Since then the FNHA has been working to address service gaps through new partnerships, closer collaboration, health systems innovation, reform, and redesign of health programs and services for individuals, families, communities and Nations. The FNHA is also a champion of culturally safe practices throughout the broader health care system. Taking a leadership role, the FNHA actively works with its health partners to embed cultural safety and humility into health service delivery and improve health outcomes for First Nations people.” Source: www.fnha.ca https://www.fnha.ca/Documents/FNHA_AboutUS.pdf https://www.fnha.ca/Documents/First-Nations-Health-Governance-Structure-in-BC-Placemat.pdf
Topic or Title of Resource	Advance Care Planning/Goals of Care/Decision making • www.fnha.ca/acp for Indigenous ACP and Preparing for a Serious Illness Conversation (SIC-Adapted, FNHA & BC Centre for Palliative Care) guide and resources • https://www.fnha.ca/Documents/FNHA-BC-Centre-for-Palliative-Care-Preparing-for-a-Serious-Illness-Conversation-Guide.pdf • https://www.fnha.ca/what-we-do/healthy-living/advance-care-planning • Sept 2023 – pilot ACP facilitator training & toolkit for health care teams/IEOLG/community champions • Northern Indigenous Health- ACP Fact Sheet https://www.indigenoushealthnh.ca/sites/default/fil es/2019-04/FactSheet-AdvanceCarePlanning- 2017-12-07-LC-Web.pdf Loss, grief, bereavement, aftercare • Contact FNHA for a detailed list of resources for health care providers- document • Healing Indigenous Hearts- FNHA- peer grief support facilitator toolkit for loss as a result of drug related harm (Mom’s stop the harm collaboration)

Topic or Title of Resource	• https://www.fnha.ca/Documents/Healing-Indigenous-Hearts.pdf • Lumara Grief and Bereavement Care Home of Camp Kerry • https://lumarasociety.org/ • Supporting Children, Youth, Adults & Families impacted by serious illness, grief and loss. Services include; grief counseling, grief support groups, Elder consultations and support, expressive arts therapies, mental health & wellness conferences, land-based healing, retreats, and customized workshops. • https://lumarasociety.org/indigenouswellness/ • Indigenous Wellness, connection, healing and hope • Lumara's Indigenous Wellness program supports self-identified Indigenous (First Nations, Inuit, and Metis) individuals and families by providing holistic culture-based programming that is responsive to a multitude of complex needs. Integrated throughout this program and our organization are regular educational opportunities and healing rituals for those who work to support Indigenous communities impacted by serious illness, grief and bereavement. • The UBC Learning Circle is a partnership between the Centre for Excellence in Indigenous Health and the First Nations Health Authority. The intention is to provide educational and informational opportunities to healthcare workers and professionals in First Nations communities. The knowledge comes from your sharing of successful health practices and interventions, speakers, researchers, and other experts. • https://learningcircle.ubc.ca/ • Northern Health • https://www.bing.com/videos/search?q=%e2%80%a2 • Northern+Health+indigenous+grief+loss+ • videos&qpvt=%e2%80%a2Northern+Health+indigenous+ • grief+loss+videos&FORM=VDRE Psycho-social spiritual health and well- being https://www.fnha.ca/WellnessSite/WellnessDocuments/Wellness_Diary.pdf#search=wellness%20diary Cultural safety (safer care) in providing care for indigenous peoples • See Indigenous End Of Life Guide course (IEOLG) for course description and video https://www.fnha.ca/about/news-and-events/news/indigenous-end-of-life-guide-four-day-certificate-course • See link for an example of FN communities coming together with Regional Health Authority to improve palliative care services • https://sphf.ca/the-journey-home-project/ Pain & Physical Symptoms BC Centre for Palliative Care: link https://www.bc-cpc.ca/publications/symptom-management-guidelines/ **NEW Symptom Management Guide for Health Care Assistants https://www.bc-cpc.ca/symptom-management-guide-for-health-care-assistants/ Dying with dementia https://www.i-caare.ca/factsheets

Topic or Title of Resource	Communication Courageous conversations toolkit – FNHA: https://www.fnha.ca/Documents/FNHA-Courageous-Conversations-Tool-Kit.pdf Last Days and Hours https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA-End-of-Life-Brochure.pdf#search=end%20of%20life Palliative Care Checklist for Nurses: Home Care in the Community https://www.fnha.ca/Documents/FNHA-Palliative-Care-Checklist-for-Nurses.pdf **Palliative Care Toolkit coming soon Self Care – self care plan https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA_Wellness_Map.pdf#search=roadmap%20to%20wellness Medical Assistance in Dying (MAID) • **To be developed currently in progress • Palliative Care on line Resources- Document • https://www.fnha.ca/Documents/FNHA-Palliative-Care-Online-Resources.pdf
Course Content	See above
Course Format	Interactive, online, print, videos
Course Material	Toolkits, print materials, infographics,
Target/ Intended Audience	Healthcare professionals, some profession specific ie nurses, others general health care providers in the community. Resources and services available to individuals, youth, children, and families.
Course/ Resource Delivery Type & Duration	Self-paced, available online, virtual, in-person
Course Accreditation	NA for resources and toolkits, training certification may be offered depending on course
Fee/Associated costs	Visit FNHA for costs associated with training and or resources, free resources available

Link/Website Address	Main website visit: www.fnha.ca
Contact Information	FNHA: Palliative Care Lead: Nicole Wikjord, Manager Chronic Conditions & Serious Illness Team https://www.fnha.ca/contact-us BC Centre for Palliative Care: Kathleen Yue, Clinical Lead, Education: office@bc-cpc.ca
Additional Notes	BC Cancer Care, Indigenous Team: contact www.fnha.ca/cancer
Indigenous Specific	Yes

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	Yes
Communication	Yes

Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	
Medical Assistance in Dying (MAID)	Pending

Indigenous End-of-Life Doula Program, Douglas College

Name of Organization	FNHA and Douglas College Partnership Douglas College: https://www.douglascollege.ca/about-douglas
About Us	The FNHA is working to transform and reform the way health care is delivered to First Nations people in BC through direct services and collaboration with provincial partners. The FNHA is governed by and serves BC First Nations individuals and communities. https://www.fnha.ca/Documents/FNHA_AboutUS.pdf https://www.fnha.ca/Documents/First-Nations-Health-Governance-Structure-in-BC-Placemat.pdf Douglas College is committed to increasing academic programs that have an Indigenous focus, are culturally relevant in content and pedagogy, and are informed and supported by Indigenous expertise. The College is committed to supporting Indigenization and reconciliation, the 2020-25 strategic plan includes an Indigenization strategy that responds to the Truth and Reconciliation (TRC) Calls to Action and the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP).
Topic or Title of Course	**The FNHA and Douglas College Indigenous End-of-Life Course** is a unique four-day course aimed at First Nations and Indigenous individuals who have been or will be called upon to voluntarily provide care, support, and advocacy for someone who is facing the end of life. End-of-Life Doula https://www.fnha.ca/about/news-and-events/news/indigenous-end-of-life-guide-four-day-certificate-course

Course Content	FNHA partnered with Douglas College to offer End of Life Doula training for community members who already do this work naturally in their communities/regions. The goal of the educational training is to add to their knowledge of working with the family, hospital, funeral home, public health nurses, and community health nurses to support the wishes of the person journeying into the Spirit World. End-of-life doulas do not replace family or healthcare providers. Their role is to support the individual and family with their decisions, spiritually, emotionally, mentally, and physically. Course specifics can be found on the website and in PDF versions
Course Format	View a short video to learn more about this work: Video Link on the website or go to the FNHA Facebook page.
Course Material	Indigenous End of Life Guide made available upon registration
Target/ Intended Audience	Course offerings serve a diverse group of caregivers, volunteers, and the public.
Course Delivery Type & Duration	In-person classroom Duration:4 days on person/online course See https://www.fnha.ca/Documents/FNHA-Douglas-College-Indigenous-End-of-Life-Guide-Description.pdf See course calendar for offerings
Course Accreditation	Each participant who completes the four- day course will receive a Recognition of Course Completion certificate
Fee/Associated costs	Registration and funding available through FNHA.
Link/Website Address	https://www.fnha.ca/Documents/FNHA-Douglas-College-Indigenous-End-of-Life-Guide-Description.pdf
Contact Information	To apply for the course, complete an application form and return to FNHA: email: CDSI@fnha.ca/ Fax: 604.666.0275

Additional Notes	Comfort, dignity and respect are hallmarks of good quality end-of-life care, and need to meet emotional, mental, spiritual and physical needs of the individual. For people facing the end of their life, continuity of care and advocacy of their health care treatment decisions can be a challenge that an Indigenous End of Life Guide can help to honour and support. Participants in this course will learn about palliative support, the importance of end-of-life care, and the role of an Indigenous End of Life Guide. There is a focus on teaching communication skills including active listening; initiating and conducting difficult conversations about end of life, and facilitating family meetings. The complexity of grief is discussed including a variety of coping mechanisms, useful resources, and the importance of effective self-care. Advance Care Planning conversations are highlighted, including a range of medical and non-medical interventions available to ensure comfort as well as tools for guiding planning and making wishes known to others including funeral planning. This course provides opportunities to discuss issues, ask questions, and find a community of practice that can support an Indigenous End of Life Guide in attending to individuals and families during their end-of-life journey. Carefully interwoven are cultural practices and protocols unique to each Nation. A knowledge keeper will co-facilitate with the instructor.
Indigenous Specific	Yes

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	No
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes

Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	No
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	No
Medical Assistance in Dying (MAID)	No

Indigenous End-of-Life Doula Program, Douglas College

Name of Organization	Douglas College
About Us	As above
Topic or Title of Course	Douglas College. Indigenous End-of-Life Guide (BREV 1102). https://www.douglascollege.ca/programs-courses/continuing-education/health-professional-development/courses/indigenous- end-life
Course Content	This course is designed for Indigenous individuals who have been or will be called upon to provide care, support, and advocate for someone facing the end of their life journey. The student may be requested to provide support that complements end-of-life care provided by the medical community and hospice palliative care workers, family, Indigenous Cultural support, and volunteers.
Course Format	The course provides opportunities to discuss issues, develop a deeper understanding of the final life journey and the diversity of indigenous cultural ways, develop end-of-life journey awareness, ask questions, and find a community of practice to support the Guide through the end-of-life journey. Interwoven are cultural practices and protocols unique to each Nation. A teaching Elder will co-facilitate with the instructor.

Course Material	All resources are provided within the course, no additional textbooks required.
Target/ Intended Audience	Participants must identify as First Nation, Metis, Inuit or as an ally. Community health staff, clinical teams, volunteers.
Course Delivery Type & Duration	The course is delivered in person and is graded on a Mastery/Non-mastery basis. It is co-facilitated by a Traditional Knowledge Keeper from the community, spiritual support and an end-of-life care educator. **Duration** This is a 24 Hour course offered in the community. The program is best instructed in the community, as each area has different cultural protocols, resources, and barriers/successes in end-of-life care provision.
Course Accreditation	Recognition of Course Completion for participants is issued by the Department of Continuing Education, Health Sciences. Attendance is required for all classes.
Fee/Associated costs	Yes
Link/Website Address	https://www.douglascollege.ca/programs-courses/continuing-education/health-professional-development/courses/indigenous-end-life
Contact Information	For more information please email: cehs@douglascollege.ca. For the Indigenous specific EOL Doula Training contact: Jennifer Mallmes Lead Instructor End-of-Life Doula & Indigenous End-of-Life Guide DOUGLAS COLLEGE Faculty of Health Sciences 1250 Pinetree Way, Coquitlam BC V3B 7X3 email: mallmesj@douglascollege.ca
Additional Notes	**What is the difference between End-of-Life Doula and Indigenous End-of-Life Guide?** The doula course is geared toward people who work or intend to work in end-of-life care. The guide course is intended for Indigenous persons who will be called upon to provide specific care in the community.
Indigenous Specific	Yes

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	No
Last Days and Hours in and Expected Death	No
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	No
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	No
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	No
Medical Assistance in Dying (MAID)	No

ADDITIONAL PARTNER ORGANIZATIONS

End of Life Doula Association of Canada

CONTACT

If you would like to contact our Board of Directors, please feel free to reach out to theboard@endoflifedoulaassociation.org.

DESCRIPTION

The association respects that each individual is unique and has their own values and beliefs. They offer a range of services, including practical, emotional, and spiritual support for individuals and families. In addition, they provide training opportunities for those interested in becoming end-of-life doulas.

WEBSITE/URL

for more information about the association, its approach, and public resources visit its website.
https://endoflifedoulaassociation.org/

Coming Soon in 2024 Advanced Grief and Bereavement Course & Guide

ADDITIONAL RESOURCE: DEATH DOULAS AND GRIEF

Lifting Their Minds, Iahki'nikonhketskwas

CONTACT

Diane Boots, Death Doula

Email: info@liftingtheirminds.com
Phone: 518-317-8972 (USA)

DESCRIPTION

Lifting the minds of families experiencing grief. Resources provide everything you need to know to guide and prepare you, your family, and your loved one for the end of life. Mission to honor and respect families dealing with the actual or pending loss of a loved one during their sacred spiritual transition by way of compassion and loving support and services.

WEBSITE/URL

https://liftingtheirminds.com/page/home-page

IMPORTANT TO NOTE

This is a US company but provide resources to some Canadian Provinces

Canadian Virtual Hospice

Name of Organization	Canadian Virtual Hospice
About Us	The Canadian Virtual Hospice provides information and support about advanced illness, palliative care, loss and grief, to people living with illness, family members, people working in healthcare, educators, and researchers. The Canadian Virtual Hospice is a division of the International Centre for Dignity and Palliative Care Inc., a registered charity.
Title of Resources and descriptor	This collection of online resources found in the First Nations, Inuit and Métis sections was developed by a national Elders and Knowledge Carriers Circle to amplify the voices of Indigenous Peoples sharing stories of illness, loss, resilience, hope, and healing, and to support culturally safer care. Their stories, together with tools and educational materials, for both the public and anyone working in healthcare, are available at: www.LivingMyCulture.ca
Course/ Resource Content	**Videos**: • Indigenous Voices – video library with 75 First Nations, Inuit, and Métis voices and 1000 stories of tradition, spirituality, illness and connection. **Booklets**: • Coming Full Circle – a fillable booklet and conversation tool to help clarify wishes for culturally safer future care. **Course** (located at www.CVHLearningHub.ca) : • Indigenous Cultural Safety Training – this free online training was developed by Indigenous Elders, scholars, and healthcare providers to help anyone working in healthcare provide culturally safer care. Participants receive a certificate of completion upon completing each of the five modules which can be worked through at the user's own pace. Module topics include: ○ Understanding Indigenous Culture in Palliative Care ○ Indigenous People's journey through end of life care ○ Creating a safer space and wise practice for end of life care ○ Grief experienced by Indigenous Peoples: Parts 1 & 2 **One pagers to support reflection on topics like**: • Honouring wishes • Grief and letting go • Care at home and away • Making memories • More

Course/ Resource Material	Same as above
Target/ Intended Audience	Indigenous Peoples and anyone working in health care.
Fee/Associated costs	Free
Link/Website Address	www.LivingMyCulture.ca
Contact Information	info@virtualhospice.ca
Additional Notes	
Indigenous Specific	Yes

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes

Dying with dementia	
Communication	
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	
Medical Assistance in Dying (MAID)	

PANDEMIC RELATED GRIEF, BEREAVEMENT & RECOVERY IN CANADA

Canadian Grief Alliance, a partner with Canadian Virtual Hospice

TOPIC TITLE

Pandemic Grief and Bereavement

CONTACT

Email: info@virtualhospice.ca or https://www.canadiangriefalliance.ca/contact-us/

AUTHOR

Canadian Virtual Hospice

DESCRIPTION

Health care providers, co- workers, volunteers, families, friends and community have suffered immeasurable and profound grief and loss. This resulted in a growing demand for pandemic-related grief, bereavement, and mental health services which far exceeds the available services.

The Canadian Grief Alliance – a coalition of national leaders in grief and bereavement is calling for investments into grief services, increased public awareness and understanding of grief and loss, and a national Grief strategy to address service delivery gaps and priorities.

WEBSITE/URL

video Elder Roberta Price of Coast Salish Snuneymuxw & Cowichan offers a national blessing for our grief to comfort Canadians grieving a death during the pandemic.
https://www.youtube.com/watch?v=8LkOBLcN7UM

Lakehead University

Name of Organization	Lakehead University, Centre for Education and Research on Aging & Health (CERAH) Thunder Bay, Ontario
About Us	The Centre for Education and Research on Aging & Health (CERAH), Lakehead University, conducts high-quality knowledge translation, and rigorous research & education to advance health and social care promoting the health and well-being of people aging across the life cycle. CERAH uses collaborative interdisciplinary approaches to develop and administer a wide range of programming within the following key priority areas: Aging in Place; Dementia and Seniors' Mental Health, Indigenous Peoples' Health & Aging; and Palliative Care. **Palliative Care Resources** CERAH has been a leader in developing, coordinating, and delivering palliative care education since 1993. The scope of the Centre's palliative care education delivery is two-fold: Firstly, CERAH coordinates palliative care education for registered and unregistered health and social care providers specifically in Northwestern Ontario. Secondly, the Indigenous Peoples' Health & Aging Division leads culturally relevant research and education in collaboration with Indigenous communities and organizations and creates space to amplify Indigenous peoples' voices through knowledge translation and program development opportunities. This education is not limited to palliative care and is developed for all levels of community care, including training for registered and unregistered health and social care providers and community caregivers. Education activities are available nationally on a contract basis.
Title of Course/training Resource	Palliative Care for Front-Line Workers in Indigenous Communities: Training for Health and Social Care Providers
Course Content	In response to the need for culturally safer palliative care education for Indigenous people, CERAH, Lakehead University developed the "Palliative Care for Front-Line Workers in Indigenous Communities:for Health and Social Care Providers," an 8-module curriculum developed in collaboration with Indigenous communities. Informed by the lessons learned from the *Improving End-of-Life Care in First Nations Communities* research project, funded by the Canadian

Course Content	Institutes of Health Research, this training is designed to provide an introduction to palliative care for Indigenous health and social care providers who care for individuals with life-limiting illnesses. Recognizing the diversity of Indigenous communities' experiences, knowledge, and cultural teachings regarding death and dying, this curriculum is not grounded in any one community's particular traditions, values, and beliefs. Rather, the palliative approach to care combines the wholistic teaching concepts of the Indigenous Wellness Framework that focuses on health and balance. See promotional video to learn more: https://youtu.be/amqAiQw8nBQ?si=Aba25UofwvG3Khwh
Course Format	Presented by four facilitators including at least one registered nurse, one psychosocial care provider (i.e.: social worker), alongside a local Elder or Knowledge Carrier.
Course Material	• Participant manual including all 8 module PowerPoint presentations. • Preparing for the Journey: Caring for Indigenous People who are Seriously Ill link to: https://cerah.lakeheadu.ca/resources/indigenous-health/ • A narrative case story to guide the learning. • Small and large group discussions and activities • Short videos • Additional local, provincial, and national tools and resources identified in collaboration with communities/organizations. For more information click the following link: https://cerah.lakeheadu.ca/resources/indigenous-health/
Target/ Intended Audience	Front-line health and social care providers including home support workers, health care aids, personal support workers, community caregivers, registered practical nurses, registered nurses, social workers, etc.
Course Delivery Type & Duration	Designed to be delivered in a workshop format either in-person (preferred) or virtually in real-time. • In-person: 15-hour (2 day) workshop in community • Online: 12-hour workshop through Zoom (4 x 3-hour weekly sessions)
Course Accreditation	Certificate of Completion

Fee/Associated costs	The Palliative Care for Front-Line Workers in Indigenous Communities: For Health and Social Care Providers training is delivered on a full cost-recovery contract basis. CERAH has partnered with Indigenous Services Canada Atlantic, Ontario, and Manitoba as well as the First Nations Health Authority in British Columbia to offer this education to communities in those regions. For detailed cost structure/fees contact cerah@lakeheadu.ca
Link/Website Address	Indigenous Peoples' Health and Aging Resources available at: https://cerah.lakeheadu.ca/resources/indigenous-health/
Contact Information	For more information contact Lakehead University, Centre for Education and Research on Aging & Health (CERAH) Website: cerah.lakeheadu.ca Phone: 1-807-343-8010 Ext 7271 Email: cerah@lakeheadu.ca
Additional Notes	
Indigenous Specific	Yes, Indigenous Peoples' Health & Aging and Indigenous Palliative Care

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes

Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	No
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	No
Medical Assistance in Dying (MAID)	No

Lakehead University- Walking Alongside Indgenous Peoples Who Are Seriously Ill: Education for Commnity Caregivers

Name of Organization	Lakehead University, Centre for Education and Research on Aging & Health (CERAH) Thunder Bay, Ontario
About Us	The Centre for Education and Research on Aging & Health (CERAH), Lakehead University, conducts high-quality knowledge translation, and rigorous research & education to advance health and social care promoting the health and well-being of people aging across the life cycle. CERAH uses collaborative interdisciplinary approaches to develop and administer a wide range of programming within the following key priority areas: Aging in Place; Dementia and Seniors' Mental Health, Indigenous Peoples' Health & Aging; and Palliative Care. **Palliative Care Resources** CERAH has been a leader in developing, coordinating, and delivering palliative care education since 1993. The scope of the Centre's palliative care education delivery is two-fold: Firstly, CERAH coordinates palliative care education for registered and unregistered health and social care providers specifically in Northwestern Ontario. Secondly, the Indigenous Peoples' Health & Aging Division leads

	culturally relevant research and education in collaboration with Indigenous communities and organizations and creates space to amplify Indigenous peoples' voices through knowledge translation and program development opportunities. This education is not limited to palliative care and is developed for all levels of community care, including training for registered and unregistered health and social care providers and community caregivers. Education activities are available nationally on a contract basis.
Title of Resource	Walking Alongside Indigenous Peoples who are Seriously Ill: Education for Community Caregivers
Course Content	In 2022, in response to the need for community caregiver education in Indigenous communities, the CERAH curriculum development team created the Walking Alongside Indigenous Peoples who are Seriously Ill: Education for Community Caregivers curriculum. The purpose of this curriculum is to improve the capacity of health and social care providers in Indigenous communities to provide education and support to families and community members who are caring for loved ones with life-limiting illnesses. The curriculum guides people through a collection of PowerPoint slide decks with speaker notes, videos, pamphlets, handouts, and activities to support caregiver education. The overall goal of the curriculum is to contribute to the larger process of the development of comprehensive palliative care services in Indigenous communities.
Course Format	The web-based curriculum is developed in a train-the-trainer format design so that local community healthcare providers can deliver community-based education. This curriculum may be of value to your community and/or team if you: • are a health or social care provider who wants to inform the general community about the palliative approach to care; • have other health and social care providers who are newly joining your team or need some guidance in developing a care plan; • have a family or community caregiver who has questions about caregiving for someone who is very sick, or who would benefit from instruction to learn particular skills at the bedside of a loved one who is seriously ill; and/or • see an opportunity to inform more people about advance care planning and making their wishes known. In developing the curriculum, the project team recognized that communities have different needs and varying resources for supporting people who are seriously ill.

Course Material	Powerpoint presentations including speaker's notes • Videos • Handouts • Activities • Pamphlets To access all CERAH/LU Indigenous peoples' health & aging resources go directly to: https://cerah.lakeheadu.ca/resources/indigenous-health/
Target/ Intended Audience	Community caregivers; family members, health and social care providers.
Course Delivery Type & Duration	Web-based. Self-paced.
Course Accreditation	N/A
Fee/Associated costs	Free
Link/Website Address	Indigenous Peoples' Health and Aging Resources available at: https://cerah.lakeheadu.ca/resources/indigenous-health/
Contact Information	For more information contact Lakehead University, Centre for Education and Research on Aging & Health (CERAH) Website: cerah.lakeheadu.ca Phone: 1-807-343-8010 Ext 7271 Email: cerah@lakeheadu.ca
Indigenous Specific: Courses (e-learning, tools, resources training opportunities)	Yes, Indigenous Peoples' Health & Aging and Indigenous Palliative Care

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	Yes
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	No
Medical Assistance in Dying (MAID)	No

Name of Organization	Lakehead University, Centre for Education and Research on Aging & Health (CERAH) Thunder Bay, Ontario
About Us	The Centre for Education and Research on Aging & Health (CERAH), Lakehead University, conducts high-quality knowledge translation, and rigorous research & education to advance health and social care promoting the health and well-being of people aging across the life cycle. CERAH uses collaborative interdisciplinary approaches to develop and administer a wide range of programming within the following key priority areas: Aging in Place; Dementia and Seniors' Mental Health, Indigenous Peoples' Health & Aging; and Palliative Care. **Palliative Care Resources** CERAH has been a leader in developing, coordinating, and delivering palliative care education since 1993. The scope of the Centre's palliative care education delivery is two-fold: Firstly, CERAH coordinates palliative care education for registered and unregistered health and social care providers specifically in Northwestern Ontario. Secondly, the Indigenous Peoples' Health & Aging Division leads culturally relevant research and education in collaboration with Indigenous communities and organizations and creates space to amplify Indigenous peoples' voices through knowledge translation and program development opportunities. This education is not limited to palliative care and is developed for all levels of community care, including training for registered and unregistered health and social care providers and community caregivers. Education activities are available nationally on a contract basis.
Topic or Title of Course	Delivering Culturally Safe LEAP Education for Indigenous communities:Enhanced Facilitator Training
Course Content	CERAH hosts Pallium Canada LEAP Core workshops that are enhanced to be culturally safe for Indigenous communities. Prior to hosting a workshop, the education team engages in a needs assessment to ensure the education will meet the community's/organization's specific learning needs. This engagement guides the workshop planning, resulting in the use of additional resources, tools, activities, and videos. CERAH's facilitation teams include LEAP-certified facilitators (always a physician, registered

	nurse, and social worker), who deliver the education alongside a local Elder/Knowledge Carrier. Finally, CERAH has developed an Delivering Culturally Safe LEAP Education for Indigenous communities:Enhanced Facilitator Training tool whereby certified LEAP facilitators undergo additional training to facilitate this enhanced education for Indigenous audiences.
Course Format	In-person:16-hour workshop over 2 full days. Presented by four facilitators including at least one registered nurse, one psychosocial care provider (i.e.: social worker), and one physician, alongside a local Elder or Knowledge Carrier.
Course Material & Resources	For the workshops, each participant will receive: The latest edition of Pallium Canada's LEAP Core curriculum (hard copy and electronic format) Pallium Palliative Pocketbook (electronic copy) CERAH enhancement material (supplementary content and local resources in hard copy and electronic format). Additional Indigenous resources, including Canadian Virtual Hospice Indigenous Voices: Stories of Serious Illness and Grief vignettes and free online resources and support.
Target/ Intended Audience	Audience: Primarily physicians, nurses, pharmacists and other licensed health care professionals, however, depending on the needs of the community/organization additional community caregivers may be invited to attend including personal support workers.
Course Delivery Type & Duration	LEAP Core for Indigenous Communities is a two-day (16 hour) course, workshop format with a 10:1 learner to facilitator ratio. It provides a variety of learning activities including small and large group learning and discussions, case-based activities, and short videos.
Course Accreditation	The LEAP Core course is a competency-based 14-hour Mainpro+ accredited course designed by Pallium Canada to provide learners with the essential, basic competencies of the palliative care approach. The course is ideal for developing teamwork, promoting interprofessional collaboration, promoting collaboration amongst providers in different agencies who need to work together (e.g. community-based family physicians, home care nurses, community pharmacists, etc.).
Fee/Associated costs	Contact info below

Link/Website Address	CERAH: Lakehead University Ongoing Knowledge Translation\ https://cerah.lakeheadu.ca/knowledge-translation/current- ongoing-knowledge-translation/ https://cerah.lakeheadu.ca/wp-content/uploads/2020/12/LEAP-in-Indigenous-Communities2.pdf
Contact Information	More Information Contact us: cerah@lakeheadu.ca
Additional Notes	
Indigenous Specific	Yes Similar to other (CERAH) led LEAP education, facilitation teams are responsible for delivering the curriculum. Generally, the teams will include a physician, a nurse, and a social worker, and at least one member of the facilitation team will be Indigenous. Each workshop also includes a local Elder/Knowledge Carrier as part of the facilitation team, who is knowledgeable about the traditional ceremonies, history, and needs of the area. They provide teachings throughout the two days and additionally offer support to participants as they engage in the education. The Elder/Knowledge Carrier provides an opening and closing to each day of education. A Knowledge Broker from CERAH is also present during the workshop to act as a resource to the facilitators and participants.

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes

Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	No
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	No
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	No
Medical Assistance in Dying (MAID)	Yes

Name of Organization	CERAH: Palliative Care ECHO Project: Educational Speaker Series
About Us	In Partnership with the North West Regional Palliative Care Program, Project ECHO: St. Joseph's Care Group, and Pallium Canada, CERAH is pleased to coordinate a regional ECHO hub site as part of the National Palliative Care ECHO Project. The Palliative Care ECHO Project is a 5-year initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illness. As a hub partner, collaborators create ECHO programming that meets the learning and resource needs of the health care providers in Northwestern Ontario.
Topic or Title of Course /	CERAH: Palliative Care ECHO Project: Educational Speaker Series
Course Content	Education speaker series

Course Format	CERAH provides various educational and knowledge translation opportunities via videoconference, utilizing the web conferencing platforms like “Zoom” – making recording and archiving content possible. A collection of archived sessions can be found on the CERAH website (https://cerah.lakeheadu.ca/knowledge-translation/education-archives/).
Course Material	PowerPoint slides provided for most presentations.
Target/ Intended Audience	Physicians, nurses, pharmacists and other licensed health care professionals. Additional community caregivers may also attend including personal support workers.
Course Delivery Type & Duration	Live, virtual sessions which are usually recorded and archived. Sessions are typically 1.5-hours in length.
Course Accreditation	This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Education and Professional Development Office at NOSM University for up to 9 Mainpro+ credit(s).
Fee/Associated costs	Free
Link/Website Address	https://sjcgecho.squarespace.com/adult-palliative-care
Contact Information	Email: cerah@lakeheadu.ca Tel: 807-343-8010 Ext 7271
Additional Notes	
Indigenous Specific	

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	No
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	No
Medical Assistance in Dying (MAID)	No

Name of Organization	Lakehead University, Centre for Education and Research on Aging & Health (CERAH), Thunder Bay, Ontario
About Us	The Centre for Education and Research on Aging & Health (CERAH), Lakehead University, conducts high-quality knowledge translation, and rigorous research & education to advance health and social care promoting the health and well-being of people aging across the life cycle. CERAH uses collaborative interdisciplinary approaches to develop and administer a wide range of programming within the following key priority areas: Aging in Place; Dementia and Seniors' Mental Health, Indigenous Peoples' Health & Aging; and Palliative Care. **Palliative Care Resources** CERAH has been a leader in developing, coordinating, and delivering palliative care education since 1993. The scope of the Centre's palliative care education delivery is two-fold: Firstly, CERAH coordinates palliative care education for registered and unregistered health and social care providers specifically in Northwestern Ontario. Secondly, the Indigenous Peoples' Health & Aging Division leads culturally relevant research and education in collaboration with Indigenous communities and organizations and creates space to amplify Indigenous peoples' voices through knowledge translation and program development opportunities. This education is not limited to palliative care and is developed for all levels of community care, including training for registered and unregistered health and social care providers and community caregivers. Education activities are available nationally on a contract basis.
Topic or Title of Course	CERAH Speaker Series
Course Content	Education speaker series
Course Format	CERAH provides various educational and knowledge translation opportunities on palliative care, Indigenous Peoples' Health & Aging, and dementia topics via videoconference, utilizing the web conferencing platforms like "Zoom" – making recording and archiving content possible. A collection of achieved sessions can be found on the CERAH website (https://cerah.lakeheadu.ca/knowledge-translation/education-archives/) and CERAH YouTube channel (https://www.youtube.com/@cerahlakeheaduniversity2725).

Course Material	PowerPoint slides provided for most presentations.
Target/ Intended Audience	Physicians, nurses, pharmacists, spiritual care, social workers, Indigenous Transition Facilitators, personal support workers, community caregivers, volunteers.
Course Delivery Type & Duration	Live, virtual sessions which are usually recorded and archived. Sessions are typically 1-1.5-hours in length.
Course Accreditation	No
Fee/Associated costs	Free
Link/Website Address	https://cerah.lakeheadu.ca/events/
Contact Information	Email: cerah@lakeheadu.ca Tel: 807-343-8010 Ext 7271
Additional Notes	
Indigenous Specific	Not all presentations are Indigenous-specific, however, of the 8 sessions offered yearly, 3 are hosted by the Indigenous Peoples' Health & Aging division and are therefore Indigenous-specific.

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes

Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	No
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	Yes
Medical Assistance in Dying (MAID)	Yes

Name of Organization	Northern Ontario School of Medicine (NOSM) University
About Us	This is a subcommittee of the NOSM CEPD Unit providing Palliative Care Education for North East Ontario. We continuously gather information from various sources to gauge the needs of our target audience, which includes surveys and evaluation responses, but also unperceived needs such as provincial/federal guidelines, emerging trends, population health data, best practice guidelines and literature/research.
Title of Course /Training	NOSM University Palliative Care Education Program & Clinical Rounds

Course Format	
Target/ Intended Audience	Our target audience includes physicians, residents, learners, RNs, NPs, other health care providers and Palliative Care educators offering compassionate, patient centered Palliative Care in the Northeast, however since we are virtual we invite participants from all across Northern Ontario to join.
Course Delivery Type & Duration	online, in person
Course Accreditation	Accreditation support of educational events – CFPC Mainpro+, RCPSC MOC and Health Sciences- course specific This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Education and Professional Development Office at the Northern Ontario School of Medicine for up to 2 Mainpro+ credit.
Fee/Associated costs	contact professional development office and team
Link/Website Address	https://event.fourwaves.com/pallcareprogram/pages https://www.nosm.ca/education/cepd/
Contact Information & Registration	For more information email CEPD@nosm.ca
Additional Notes	registration is required.
Indigenous Specific	yes

SE Health First Nations, Inuit & Metis Program

Name of Organization	SE Health First Nations, Inuit & Metis Program First Nations, Inuit & Métis Program
About Us	Working together with First Nation, Inuit and Métis communities to share knowledge and build health and wellbeing solutions.SE Health is a national social enterprise providing home care, health solutions and education. SE Learning Provides current and relevant continuing education to support quality care delivery. SE Health has partnered with FNIM communities to address barriers to learning such as, time, geography, cost and access to education and training for healthcare providers in rural, remote and isolated communities. Education programs include professional development and vocational programs offered in partnership with SE Career College of Health.
Title of Course /Training & Content ****see below**	Courses & Resources for detailed description see below.
Course Format	All courses, webinars, and resources listed are online via @yourside. SE Health, First Nations, Inuit and Metis(FNIM) program offers in-person and hybrid education based on funder needs. These programs are developed in conjunction with the funder based on a needs assessment.
Target/ Intended Audience	Healthcare providers, PSWs, staff working in Long Term Care and natural caregivers.
Course Delivery Type & Duration	Online and self- paced, quizzes throughout modules
Course Accreditation	Certificate of completion

Fee/Associated costs	All courses offered by SE Health are free to learners.
Link/Website Address	https://fnim.sehc.com/se-learning/essential-learning/@yourside-colleague-courses/palliative-end-of-life-care https://fnim.sehc.com/
Contact Information & Registration	Access and registration information. All learners are required to set up an account on New platform for @YourSide Colleague. If you already have an @YourSide Colleague account, we have emailed you with information on how to access the new platform. For questions contact Anissa Kammasith, Education Coordinator, FNIM Program. Phone:1-519-429-4817 Email: anissakammasith@sehc.com or at: atyoursidefnim@sehc.com https://fnim.sehc.com/
Additional Notes	Region an or provincial specific education and courses offered, i.e. Atlantic region Chronic Illness, Ontario and Manitoba
Indigenous Specific	yes

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes

Dying with dementia	Yes
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	N/A
Medical Assistance in Dying (MAID)	N/A

COURSE SPECIFIC DETAILS

@YOURSIDE COLLEAGUE® COURSES

Palliative / End-of-Life Care in Indigenous Communities Course

The @YourSide Colleague® course was developed in collaboration with the Canadian Indigenous Nurses Association (CINA) and SE Health. The objective of this course is to increase confidence and empower nurses working in Indigenous communities to provide palliative and end-of-life care that is culturally safe and based upon best practices. The course is interactive, and its eight modules incorporate evidence-based practice approaches in palliative and end-of-life care.

TOPICS

- **Palliative Care and End of Life: An Introduction**
- **Module 1: Hospice Palliative Care**
- **Module 2: Advance Care Planning**
- **Module 3: Pain Management**
- **Module 4: Managing Symptoms**
- **Module 5: End-of-Life, Terminal Care, Planning a Home Death**
- **Module 6: Psychosocial and Spiritual Care**
- **Module 7: Loss, Grief and Bereavement**

First Nations Chronic Disease Management Course

In 2019-2020, the SE First Nations, Inuit and Métis Program led a Chronic Disease Management and Case Management Education Program, funded by Indigenous Services Canada, First Nations and Inuit Health Branch, Ontario Region.

The @YourSide Colleague® course is designed for nurses and community-based workers in First Nation communities that are interested in learning more about chronic disease management. This course is interactive, and its three modules incorporate evidence-based guidelines to the four most common chronic diseases in Indigenous populations: type 2 diabetes, cardiovascular disease, cancer, and respiratory disease (asthma and COPD).

TOPICS

- **Module 1: Introduction to Chronic Disease**
- **Module 2: Chronic Disease Models and Frameworks**
- **Module 3: Chronic Disease Management: Primary, Secondary, and Tertiary Prevention**

First Nations Cancer Care Course

The @YourSide Colleague ® First Nation Cancer Care Course is a joint initiative of SE Health and the Canadian Partnership Against Cancer. The course is one of the numerous web-based professional development courses that the SE First Nations, Inuit and Métis Program provides at no charge to First Nation communities.

TOPICS

- **Understanding First Nations Cancer Pathways**
- **Introduction to Cancer**
- **Types of Cancer**
- **Causes of Cancer**
- **Reducing the Risk of Cancer**
- **Screening**
- **Early Detection and Diagnosis**
- **Common Cancer Treatments**
- **Managing Symptoms**
- **Oncological Emergencies**
- **Psychosocial Effects and Needs**

First Nations Cardiac Care Course

The @YourSide Colleague® First Nations Cardiac Care Course will provide health care providers in First Nations communities with a comprehensive understanding of cardiovascular disease, including risk factors, chronic disease prevention, diagnostic tests, management and treatment options and self-management. After taking this course, learners will be able to promote cardiovascular health and deliver evidence-based culturally sensitive care related to cardiovascular disease.

TOPICS

- **Module 1: Introduction to Cardiovascular Disease**
- **Module 2: The Cardiac Assessment**
- **Module 3- Prevention**
- **Module 4: Cardiovascular Disease Diagnosis and Conditions**
- **Module 5: Cardiovascular Disease Management**

First Nations COPD Care Course

The @YourSide Colleague® First Nations COPD Care Course is a joint initiative of SE Health and the Lung Association of Saskatchewan. COPD is the new name for emphysema and chronic bronchitis and the course includes information on how to recognize and manage these conditions.

TOPICS

- **What is COPD?**
- **Diagnosis and Managing Flare-Ups**
- **Risk Factors and Prevention**
- **Medication Management**
- **Oxygen Therapy**
- **End-of-Life Care**

First Nations Diabetes Circle of Care Course

The development of the @YourSide Colleague ® First Nation Diabetes Circle of Care Course was made possible through a funding contribution by the Government of Manitoba (Manitoba Health); in response to the Manitoba First Nations Patient Wait Times Guarantee Project. This was a joint initiative between SE Health and the Assembly of Manitoba Chiefs.

TOPICS

- **Prevention, Nutrition and Monitoring**
- **Diabetes Management (Medication and Self-Management)**
- **Pathophysiology**
- **Exercise and Physical Activity**
- **Management of Long-Term Complications**
- **Mental Health and Wellness**
- **Health Promotion, including Community Education**

Foundations of Mental Health through an Indigenous Lens for Nurses Course

In 2019-2021, the SE First Nations, Inuit and Métis Program led the development of a Foundations of Mental Health through an Indigenous Lens online course for nurses, funded by Indigenous Services Canada, First Nations and Inuit Health Branch, Ontario Region.

The @YourSide Colleague® course seeks to minimize knowledge gaps related to mental health specific to Indigenous people in Canada. This training seeks to empower nurses and increase confidence when working with Indigenous populations in the provision of culturally safe services targeted to promote mental wellness.

TOPICS

- **Module 1: Indigenous Cultural Safety in Mental Health**
- **Module 2: Mental Health Disorders and Assessment**
- **Module 3: Interventions in Mental Health**
- **Module 4: Crisis Response in Mental Health**

First Nations Supporting Natural Caregivers Course

The @YourSide Colleague® First Nations Supporting Natural Caregivers Course was made possible through a funding contribution by the Green Shield Canada Foundation and GlaxoSmith Kline Canada. The First Nations Supporting Natural Caregivers course is dedicated to all the caregivers in communities who work tirelessly to ensure their loved ones can remain in their homes for as long as possible. This course was developed with and for First Nations to assist healthcare providers in providing education and support to natural caregivers in their communities.

TOPICS

THIS COURSE IS DIVIDED INTO 3 PARTS INCLUDING

PART 1: UNDERSTANDING NATURAL CAREGIVERS

- **Topic 1- Roles of Natural Caregivers**
- **Topic 2- Cultural Knowledge**
- **Topic 3- Caregiving, First Nations, and the Social Determinants of Health**
- **Topic 4- Supporting Natural Caregivers with Wholistic Approaches**
- **Topic 5- Caring for the Natural Caregiver**

PART 2: EDUCATION SUPPORTS FOR NATURAL CAREGIVERS

- **Topic 6: Identifying Education Needs for Natural Caregivers**
- **Topic 7: Education Resources for Natural Caregivers**

PART 3: DEVELOPING OR ENHANCING A NATURAL CAREGIVER EDUCATION AND SUPPORT NETWORK

- **Topic 8- Strengthening Natural Caregiver Education and Support in Community**
- **Topic 9- Building a Natural Caregiver Support Network**

Trauma-Informed Relationships: Building Safety and Trust

The @YourSide Colleague® course provides the learner with content to better understand the needs and vulnerabilities of people affected by psychological trauma. This knowledge will increase sensitivity and the ability to support recovery and enhance the capacity to deliver services based on compassion and a new paradigm that views trauma as an injury.

TOPICS

- **Introduction to Trauma**
- **Trauma and First Nations, Inuit and Métis**
- **The Continuum of Trauma**
- **The Impact of Trauma on Children and Youth**
- **Phases of Trauma Recovery**
- **Suicide Prevention**
- **Triangle of Well-Being and Resilience**
- **Mindfulness**
- **Cultural Practices/Teachings**
- **Self-Compassion**
- **Vicarious Trauma**
- **Developing Trauma-Informed Organizations and Systems**
- **Building a Trauma Support Network**

Métis Nation of Alberta Cancer Care Course

The @YourSide Colleague® course was developed in the spirit of partnership between the Métis Nation of Alberta and the SE Health First Nations, Inuit and Métis Program, with funding provided by the Canadian Partnership Against Cancer.

This course will help to inform your work with Métis clients by providing opportunities to learn about Métis as a distinct culture and identity, and the impacts of historical and intergenerational trauma and social determinants of health. This course will also provide the fundamentals of cancer prevention, screening, diagnosis, and treatment through a Métis lens and support you to care for Métis clients with cancer.

TOPICS

- **Module 1 - Métis People and Health**
- **Module 2 - Introduction to Cancer Care**
- **Module 3 - Causes of Cancer, Risk and Protective Factors, and Cancer Prevention**
- **Module 4 - Screening, Detection and Diagnosis of Cancer**
- **Module 5 - Treatment and Symptom Management**

Soins du cancer à l'intention des Premières Nations

Ce cours vous permettra d'acquérir les bases fondamentales en soins du cancer. À travers les différentes parties, de la prise en charge des patients à la prévention des risques, vous explorerez tous les aspects relatifs aux soins du cancer.

PALLIATIVE CARE TOOLKITS

Manitoba and Ontario FNIHCC Palliative Care Toolkit

The purpose of the First Nations and Inuit Home and Community Care (FNIHCC) Palliative Care Toolkits is to support service delivery to individuals and families living with life-limiting or terminal illness using a palliative approach to care.

The intent of the Toolkit is to:
- Assist the health care provider to identify, assess, and plan/manage the care of individuals who would benefit from a palliative care approach from the time of diagnosis, until death.
- Assist the health care provider in supporting families and caregivers throughout the trajectory of an individual's illness that extends beyond death into bereavement.
- The hope is that all community members who wish to die at home are able to do so while living with the best quality of life until the time of death.

- Section 1: Diagnosis, Working Together and Palliative Care
- Section 2: After the Diagnosis
- Section 3: Palliative Care and Children/Youth
- Section 4: Supporting Caregivers
- Section 5: Supporting Loss, Grief, and Bereavement
- Section 6: Resources

You can find the courses by logging into @YourSide Colleague and selecting "My Courses" at the right side of your page.

Ontario FNIHCC Palliative Care Toolkit:
- Course: Ontario FNIHCC Palliative Care Toolkit (sehc.com)

WEBINARS

Webinar - Atlantic Chronic Disease Webinar Series 2021

First Nations and Inuit Health Atlantic, in partnership with the SE First Nations, Inuit and Métis Program, offered a chronic disease webinar series in 2020-2021. The purpose of this community of learning is to make the webinar recordings in the 2020-2021 Atlantic Chronic Disease Webinar Series available to Atlantic learners on @YourSide Colleague. The recordings from this series are open to anyone who has an interest in learning about (or getting a refresher on) a variety of Chronic Disease topics. This series is designed to support the professional development and capacity-building needs of community-based staff. Each month a regional subject matter expert co-facilitated the webinar with a member of the SE Health Team.

Webinar 1 - Introduction to Chronic Disease
Webinar 2 - Alzheimer's and Dementia
Webinar 3 - Cardiac Care
Webinar 4 - Healthy Eating Patterns for Chronic Disease Prevention & Management
Webinar 5 - Cancer Prevention, Screening, Care, and Treatment
Webinar 6 - Diabetes Prevention, Screening, Care and Management
Webinar 7 - Oral Health=Overall Health
Webinar 8: Chronic Kidney Disease
Webinar 9 - Chronic Respiratory Disease
Webinar 10 – Arthritis
Webinar 11 - Chronic Disease and Mental Health

Ontario Enhanced PSW Community of Learning- Webinar Series

- Mental Health
- Addressing Lateral Violence
- Difficult Conversations
- Cultural Safety
- Trauma Informed Care
- Brain Health (Dementia, Delirium and Depression)

PERSONAL SUPPORT WORKER AND NURSING POLICY AND PROCEDURE MANUALS

Manitoba, Ontario, Atlantic Canada FNIHCC Personal Support Worker Procedure Manuals

Updated manual to include palliative and end-of-life care-specific content and references.

British Columbia, Alberta, Manitoba, Ontario, and Atlantic Canada FNIHCC Nursing Policy and Procedure Manuals

Palliative Care Policies:

- Early Identification
- Evidence-Based Assessment Tools
- Managing Symptoms
- Preparing for End of Life

Palliative Care Procedures:

- Changes Prior to Death
- Death at Home Arrangements
- Death at Home (Expected)
- Death at Home (Unexpected)
- Medical Assistance in Dying
- Pronouncement
- Advance Care Planning and Establishment of Goals
- Difficult Conversations
- Working with Interdisciplinary Palliative Care Team/ Case Conferencing
- Edmonton Symptom Assessment System Revised (ESAS-r)
- Palliative Performance Scale (PPS)
- Risk Evaluation for Support: Predictions for Elder-life in the Community Tool (RESPECT Tool)
- Surprise Question
- Psychological Assessment
- Pain Management
- Dyspnea
- Anorexia and Cachexia
- Depression
- Anxiety
- Delirium
- Nausea and Vomiting
- Constipation and Diarrhea
- Navigating the Palliative Care Formulary
- Caregiver Preparation (including teaching medication management)
- Bereavement
- Continuous Palliative Sedation Therapy

You can find the courses by logging into @YourSide Colleague and selecting "My Courses" at the right side of your page.

Ontario FNIHCC Nursing Policy and Procedure Manual:

- Course: Ontario FNIHCC Nursing Policy and Procedure Manual (sehc.com)

Supporting the Journey Home: Growing the Community Bundle to Care for those with Serious Illness (SJH)	
Name of Organization	McMaster University, Department of Oncology
About Us	Supporting the Journey Home (SJH): Growing the Community Bundle to Care for those with Serious Illness (SJH) is a palliative care education program. The goal is to equip First Nations healthcare providers with practical resources to operationalize an early palliative care approach with community members.
Title of Program	Supporting Journey Home: Growing the Community Bundle to Care for Those with Serious Illness

Course Content	Supporting Journey Home: Growing the Community Bundle to Care for Those with Serious Illness is an educational program with a First Nations lens. The goal is to promote the early integration of the palliative approach in community care teams. It is based on Indigenous knowledge and wellness practices and features knowledge from First Nations community resource helpers who co-designed the program and co-facilitate the education. The program features: • 7-day assignments • Guidance sheets • Videos • Case studies • Live facilitated discussion • Access to Moodle Learning Management System to review course content and download additional resources
Course Format	• Virtual learning (Zoom with audio and video) • Participate in circle reflections to share successful strategies and how to overcome challenges • Complete weekly assignments • Case studies for community care providers that use appropriate language to demonstrate care in First Nations communities • Share feedback on your learning experience in completing the post module evaluations
Course/ educational Material	**THREE MODULES** **Module 1: Gathering Early in the Journey** 1. Evidence-Based Tools for Early Identification 2. Creating a Palliative Care Registry 3. Assessment Skills and Stages of the Illness Trajectory 4. Evidence-Based Tools in Care Planning and Symptom Management **Module 2: Communicating in an Honest, Clear and Healing Way** 1. Advance Care Planning and Goals of Care Conversations 2. Part 1 - Model of Person-Centred Conversation 3. Part 2 - Model of Person-Centred Conversation 4. Part 3 - Model of Person-Centred Conversation and Case Studies to Practice Communication Skills

	Module 3: Strengthening Connections Among Community Helpers • Care Planning Strategies • Continue Care Planning • When and How to Engage Specialists • The Caregiver as Part of the Care Team
Target/ Intended Audience	The program is intended for community care providers (not palliative care specialists) who want to embed palliative care approaches into their practices. **Eligibility criteria:** Must be working in a First Nations community setting in Ontario (e.g., physicians, nurse practitioners, nurses, social/mental wellness workers, patient coordinators/navigators, personal support workers, community health nurses, community health representatives, cultural workers, Elders – anyone involved in the care of an individual with serious illness within a practice) OR coordinating care with community care providers based in a First Nations community setting in Ontario (e.g., external care providers coordinating care for First Nations people).
Course Delivery Type & Duration	12 weekly 1.5-hour Zoom meetings Led by a McMaster team member and a co-designer Circle reflections
Course Accreditation	Requires registration, not accredited
Fee/Associated costs	Free
Link/Website Address	Palliative Care Innovation Website for overview description and promotional video https://www.palliativecareinnovation.com/
Contact Information	Contact the intake email for all program inquiries Email: palliativecareinnovation@gmail.com
Additional Notes:	Funding partnership with First Nations Inuit Health Branch, Ontario Region Indigenous Services Canada (ISC)/Government of Canada. Coordination through The First Nations Home and Community Care Program (FNHCC) – Ontario. Currently, this program is offered for Ontario communities only
Indigenous Specific	Yes

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

- Early identification and integration of an upstream palliative care approach using evidence-based tools
- Communication in using conversation guides (e.g., advance care planning and model of person centred conversation)
- Coordination of Care planning strategies (e.g., engaging specialists and the caregiver as part of the team)

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	No/Yes
Last Days and Hours in and Expected Death	No/Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	No
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes/No
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	No
Medical Assistance in Dying (MAID)	No

ADDITIONAL INDIGENOUS SPECIFIC RESOURCES/PROJECTS/PROGRAMS

End of Life Project. (2012, November 29). Completing the Circle: End of Life Care with Aboriginal Families. https://www.youtube.com/watch?v=XbUGMIKId0c

In this video, Saskatchewan Elders share their experiences and beliefs about death and dying in the Aboriginal World. They send messages to health care providers that help to create understanding of the end of life health care needs of Aboriginal families when a family or community member is dying.

Organization: Palliative Manitoba: First Nations Community Workshops.Palliative Manitoba offers a customized Compassionate Care Course upon request by Manitoba First Nations Communities. Modeled after our Compassionate Care Course for Volunteers, this two-and-a-half-day workshop is customized to fit the needs of the individual community.

https://palliativemanitoba.ca/education/first-nations/

Organization: Winnipeg Regional Health Authority. Palliative Care— Indigenous Perspectives on End of Life. Winnipeg Regional Health Authority.

https://wrha.mb.ca/indigenous-health/education-and-training/indigenous-perspectives-on-end-of-life/

Red River College Polytech Library and Academic Services

NAME OF RESOURCE

Palliative and End of Life Guide-Library

AUTHOR

Various contributors and organizations

CONTACT

Email: https://library.rrc.ca/contact

WEBSITE/URL

https://library.rrc.ca/palliative/indigenous

DESCRIPTION

This library guide from Red River College includes links to a number of resources related to the experiences of palliative and end of life care from the perspective of Indigenous peoples. This is part of the Indigenous Wellness the Indigenous Health and Well-being Guide.

https://library.rrc.ca/IndigenousHealth

General Non-Indigenous Palliative Care Resources

The following general resources highlight best practices in palliative care education, training and resources intended for health and social care providers and formal/informal caregivers to consider when providing palliative care services to Indigenous individuals and communities. Some resources may not be from an Indigenous perspective however, may be a starting point to co-create resources suitable for your needs. If you would like to modify/adapt any content or information from these resources to better represent the diversity and uniqueness of your community /nation, contact the organization and/or authors of this work to seek guidance and permission. Please note all materials listed in this catalog are publicly accessible. Some entail associated costs while others are free.

This section includes general or non-indigenous specific resources.

Pallium Canada Note: Indigenous specific Content included in the Pallium Canada Resources	
Name of Organization	Pallium Canada
About Us	Pallium is a national charitable organization focused on building professional and community capacity to help improve the quality and accessibility of palliative care in Canada. We are a community of clinicians, educators, researchers, carers, administrators, volunteers, Indigenous leaders, and citizen advocates working together to accelerate the integration of palliative care in Canadian communities and health care systems. Pallium was founded in Canada, by Canadians. We empower communities to provide vital support to patients facing life-limiting illnesses and their families and caregivers. We believe that palliative care is everyone's business.
Title of Course	**LEAP™ Courses**
Course Content	Pallium's award-winning Learning Essential Approaches to Palliative Care (LEAP™) courses are Canada's leading suite of courseware on palliative care for health care organizations and professionals. Pallium's suite of LEAP™ courseware provides practical, inter-professional and evidence-based training in the palliative care approach.

	LEAP™ courses are taught by a dedicated group of palliative care clinicians and educators from across Canada. From major cities to rural towns, Pallium's certified facilitators bring their experience, knowledge, and passion to deliver LEAP™ training and advocate for better palliative care in their communities. Learners receive a nationally recognized LEAP™ certificate of completion.
Course Format	Our LEAP™ courses are offered in a variety of delivery formats to cater to diverse learning needs and schedules. This includes online learning and hybrid learning options that offer interactive and self-paced online learning modules, as well as in-person face-to-face learning.
Course Material	Below are examples of some of our renowned LEAP™ courses: **For all health care professionals:** **LEAP™ Core** • **Description**: LEAP™ Core is an accredited interprofessional course that provides all health care professionals with an in-depth learning experience on essential skills and competencies of the palliative care approach. • **Audience:** LEAP™ Core is ideal for any health care professional (e.g., physician, nurse, pharmacist, social worker) whose primary focus of work is not palliative care but who provides care for patients with life-threatening and progressive life-limiting illnesses. • **Delivery model**: Can be delivered online, by hybrid model, or in-person. • **Accreditation**: LEAP™ Core is accredited by the College of Family Physicians of Canada and the Quebec College of Family Physicians, and the Royal College of Physicians and Surgeons of Canada. Accreditation varies by delivery model. • **Language**: LEAP™ Core is available in English and French. • **Fees:** Registration fees may vary. • **Website**: https://www.pallium.ca/course/leap-core/ **Setting and Speciality-specific:** **LEAP™ Home Care** • **Description**: LEAP™ Home Care is an interprofessional, facilitated online and hybrid learning program that focuses on the essential competencies to provide a palliative care approach, with case studies and webinars contextualized to a home care setting.

LEAP™ Home Care is available in two learning streams, a home care professional stream and a personal support worker stream that includes online modules tailored for PSWs.

- **Audience:** LEAP™ Home Care is ideal for any health care professional (e.g., nurses, pharmacists, social workers, home care nurses) as well as personal support workers or care aides working in a home care context.
- **Delivery model**: Can be delivered online or by hybrid model.
- **Accreditation**: LEAP™ Home Care is not an accredited course. Learners receive a LEAP™ certificate of completion.
- **Language**: LEAP™ Home Care is available in English.
- **Fees:** Registration fees may vary.
- **Website**: https://www.pallium.ca/course/leap-home-care/

LEAP™ Long-Term Care

- **Description**: LEAP™ Long-Term Care is an interprofessional course that focuses on the essential competencies to provide a palliative care approach, with case studies contextualized to the long-term care setting.
- **Audience:** LEAP™ Long-Term Care is ideal for any health care professional (e.g., physician, nurse, pharmacist, social worker) as well as personal support workers (PSWs) or care aides working in long-term care and nursing homes.
- **Delivery model**: Can be delivered online, by hybrid model, or in-person.
- **Accreditation**: LEAP™ Long-Term Care is accredited by the College of Family Physicians of Canada. Accreditation varies by delivery model.
- **Language**: LEAP™ Long-Term Care is available in English and French.
- **Fees:** Registration fees may vary.
- **Website**: https://www.pallium.ca/course/leap-home-care/

Profession-specific:

LEAP™ Paramedic

- **Description**: LEAP™ Paramedic is an online course for paramedics and Emergency Medical Service professionals that teaches the essential practical knowledge, attitudes, and skills to provide a palliative care approach on-site.
- **Audience:** LEAP™ Paramedic is ideal for paramedics and Emergency Medical Service professionals.
- **Delivery model**: Online.
- **Accreditation**: LEAP™ Paramedic is not an accredited course. Learners receive a LEAP™ certificate of completion.

	- **Language**: LEAP™ Paramedic is available in English. - **Fees:** $105. - **Website**: https://www.pallium.ca/course/leap-paramedic/ **LEAP™ CARERS** - **Description**: LEAP™ Carers is an online, self-learning course that provides carers with information and resources to help them provide care to their family or friends living with a serious illness. - **Audience:** LEAP™ Carers is ideal for anyone who provides care to a person with a serious illness or for anyone who wants to support a carer. - **Delivery model**: Online, self-learning. - **Accreditation**: LEAP™ Carers is not an accredited course. Learners receive a LEAP™ certificate of completion. - **Language**: LEAP™ Carers is available in English. - **Fees:** Free. - **Website**: https://www.pallium.ca/course/leap-carers/ For a more detailed list of available courses, visit our website at pallium.ca.
Target/ Intended Audience	LEAP™ courses are inter-professional and designed for all healthcare professions; including courses relevant to most healthcare professions, courses for settings and specialties, and courses targeted for specific professions.
Course Delivery Type & Duration	Course Delivery: Online, Hybrid, Self-Paced, In-Person Classroom **Duration** Length of time for each course varies. Courses are delivered throughout the year.
Course Accreditation	Accreditation may vary depending on the course. Many of our LEAP™ courses are accredited by the College of Family Physicians of Canada and the Royal College of Physicians and Surgeons of Canada.
Fees/ Associated costs	Costs are associated with some of our courses depending on an individual's profession.
Link/website address	For a complete list of available courses and to register, visit https://www.pallium.ca/

Contact information	Email: info@pallium.ca Call: 1-833-888-5327 (LEAP) Chat online: pallium.ca
Additional Notes	Requirements to access training include creating an account with username and password for registration.
Indigenous Specific	Culturally appropriate care is addressed throughout LEAP courses. Specific modules on Indigenous Cultural Safety and Humility are under development.

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	Yes
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes

Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	Yes
Medical Assistance in Dying (MAID)	No

Canadian Serious Illness Conversations Course (CSIC)	
Title of Course	Canadian Serious Illness Conversations (CSIC) Course
Course Content	The Canadian Serious Illness Conversations (CSIC) course by Pallium Canada is designed to provide health care professionals with the tools and knowledge needed to have compassionate and effective conversations with patients and their families dealing with serious illnesses. This course empowers healthcare professionals with a comprehensive understanding of the Serious Illness Conversation Guide©, developed by Ariadne Labs of Harvard Medical School. Learners who complete the CSIC course will have a better understanding of serious illnesses and related conversations, knowing when and why to use the Serious Illness Conversation Guide©, and when to seek additional assistance.
Target/ Intended Audience	The CSIC course is ideal for any health care professional (e.g. primary care providers, nurses, social workers) who wants to use the Serious Illness Conversation Guide© more effectively and improve their ability to engage in meaningful and compassionate conversations.
Course Delivery & Duration	**Course structure** • Online module: This two-part interactive, self-learning module can be completed at your own pace (approximately 1.5–2 hours of work). Learners are guided through using the Serious Illness Conversation Guide©. • Facilitated session: Following the online module, learners may be able to participate in a dynamic and interactive 1.5–2 hour online or in-person workshop led by a certified CSIC facilitator. This clinician workshop offers the opportunity to precise and refine communication skills through role-playing exercise.

Course Accreditation	The Canadian Serious Illness Conversations course will be submitted for accreditation.
Fee/associated costs	The online module of the Canadian Serious Illness Conversations (CSIC) course is available free of cost. There may be costs associated with hosting or attending a facilitated workshop.
Link/Website address	https://www.pallium.ca/course/the-canadian-serious-illness-conversations-csic/
Contact information	Email: info@pallium.ca Call: 1-833-888-5327 (LEAP) Chat online: pallium.ca
Additional Notes	Requirements to access training include creating an account with username and password for registration.
Indigenous Specific	The CSIC course includes reference and linkages to CSIC resources that have been specifically developed in partnership with Indigenous communities for use with Indigenous peoples in Canada.

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	No
Last Days and Hours in and Expected Death	No
Loss, grief, bereavement, aftercare	No
Trauma informed approach to palliative and end of life care	Yes

Psycho-social, spiritual health and well- being	Yes
Dying with dementia	No
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	No
Helping Relationships & Self Care	No
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	Yes
Medical Assistance in Dying (MAID)	No

Psychosocial and Spiritual Care	
Title of Course	Psychosocial and Spiritual Care Course - Coming Soon
Course Content	The Psychosocial and Spiritual Care course from Pallium Canada is an online, self-learning course that provides health care workers with comprehensive knowledge and skills for delivering holistic, patient-centred care, focusing on psychosocial and spiritual well being. Learners will gain in-depth knowledge of compassion, spirituality, grief, and trauma-informed care, while developing essential skills for addressing the holistic needs of patients facing life-limiting illnesses.
Target/ Intended Audience	This course is designed for health care providers, including nurses, physicians, social workers, chaplains, and other professionals involved in palliative care who seek to deepen their understanding and expertise in psychosocial and spiritual care.
Course Delivery & Duration	**Course features:** • 8 interactive, self-learning online modules completed at your own pace (approximately 8 to 10 hours of work). • Short quizzes at the end of each module to assess knowledge. • Built by Canadian psychosocial and spiritual care experts. • Learners will receive a certificate of completion.

Course Accreditation	The Psychosocial and Spiritual Care course will be submitted for accreditation.
Fee/associated costs	Coming soon.
Link/Website	Coming soon.
Contact information	Email: info@pallium.ca Call: 1-833-888-5327 (LEAP) Chat online: pallium.ca
Additional Notes	Requirements to access training include creating an account with username and password for registration.
Indigenous Specific	

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	No
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	No
Last Days and Hours in and Expected Death	No
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	No

Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	Yes
Medical Assistance in Dying (MAID)	No

Indigenous Cultural Safety	
Title of Course	Indigenous Cultural Safety - Coming Soon
About	The Indigenous Cultural Safety course from Pallium Canada is an online, self-directed course designed to provide health care providers with essential knowledge and insights into delivering culturally sensitive palliative care within Indigenous communities. The first iteration of this course will focus on Indigenous communities in Newfoundland and Labrador, but there is a planned expansion of the course material to cover other communities in Canada, including work that has already been initiated in Alberta. The course includes three modules that cover historical context, cultural competence, and the role of Indigenous wisdom in end-of-life care.
Target/ Intended Audience	This course is intended for health care providers, including nurses, physicians, social workers, and caregivers, interested in enhancing their understanding and skills in delivering palliative care that is culturally appropriate and safe for Indigenous peoples both in the community and across the health care system. It is ideal for those who wish to provide more culturally competent and holistic care to Indigenous individuals and their families facing end-of-life challenges.
Course Delivery & Duration	**Course features:** • 3 interactive, self-learning online modules completed at your own pace.

	- Topics include:
	  - Indigenous history and legacy effects.
	  - Cultural intelligence, wise practices, and Indigenous knowledge.
	  - End-of-life choices and reclaiming Indigenous palliative care.
	- Each module is adapted to be relevant and appropriate for the region in partnership with local communities.
	- Short quizzes at the end of each module to assess knowledge.
	- Learners will receive a certificate of completion.

Course Accreditation	Will be included in all accredited and non-accredited LEAP courses
Fee/associated costs	Free for all past and future LEAP participants
Link/Website	Coming soon
Contact information	Email: info@pallium.ca Call: 1-833-888-5327 (LEAP) Chat online: pallium.ca
Additional Notes	Requirements to access training include creating an account with username and password for registration.
Indigenous Specific	Yes

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes

Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	Yes
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	Yes
Medical Assistance in Dying (MAID)	No

Palliative Care ECHO Project

Name of Organization	The Palliative Care ECHO Project
About Us	The Palliative Care ECHO Project is a national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illnesses. Led by Pallium Canada and its Hub Partners from across Canada, this Project delivers a continuous learning journey for health care providers to build local capacity to provide a palliative care approach to patients and their families.
Topic or Title of Course	The Palliative Care ECHO Project has held more than 300 sessions, featuring a diverse range of topics, formats, and discussions. These sessions are delivered by Pallium and its Hub Partners and include standalone sessions and communities of practice, providing comprehensive coverage of multiple topics within a variety of palliative care settings.
Course Content	**Some of the Palliative Care ECHO Project communities of practices have included:** • Community-Based Primary Palliative Care Community of Practice: This accredited community of practice is geared toward inter-professional primary care clinicians across Canada who are looking to augment their primary-level palliative care skills and connect with and learn from colleagues around providing a palliative care approach. • Long-Term Care Community of Practice: This accredited series brought together health care professionals, administrators, and system leaders working in long-term care. Participants explored topics ranging from diversity and inclusion in the long-term care setting and supporting new team members to honouring personhood in dementia care and advance care planning. • Personal Support Worker Community of Practice: This two-part series connected personal support workers from across Canada with an interest in improving their knowledge and understanding of palliative care.

	• Spiritual Care Community of Practice: This community creates a space for health care professionals, systems leaders, spiritual care practitioners, and psychospiritual therapists to come together and deepen their understanding of spirituality in palliative and bereavement care. • Be Prepared: Palliative Emergencies in the Home: This series from the Canadian Home Care Association focused on home care-based palliative care emergencies and covered the 5 B's of palliative emergencies: breathing, balance, bleeding, brain, and blockages. • Fin de vie (French): This accredited series from Médecins francophones du Canada covered a wide range of palliative care topics including heart failure, dementia, Parkinson's, end-of-life distress and more.
Course Delivery Type & Duration	**Course Delivery Type** Online **Duration** Sessions are held throughout the year, in varying time zones. Session length may vary but are typically 45-60 min long.
Course Accreditation	Accreditation may vary depending on the series or session. Many of the Palliative Care ECHO Project sessions have been accredited by the College of Family Physicians of Canada and the Collège des médecins du Québec.
Fee/associated costs	All sessions facilitated through the Palliative Care ECHO Project are free with no costs to participants.
Link/Website	A complete list of all upcoming sessions and series, as well as past session recordings and resources, can be found at www.echopalliative.com
Contact information	echo@pallium.ca
Additional Notes	Requirements to access training include creating an account with username and password for registration.

Indigenous Specific

The Palliative Care ECHO Project has held several sessions on indigenous specific topics, such as:

- **Supporting Journeys to the Spirit World: Embracing a Two-Eyed Seeing Approach to Caring for Indigenous Peoples with the North West Regional Palliative Care Program:**
    - The program led by one of our hub partners explored the blend of Indigenous and Western approaches, focusing on Two-Eyed Seeing, equity- and trauma-informed care, to improve culturally sensitive support for seriously ill Indigenous individuals and identify relevant resources.

- **Trauma Informed Care and Cultural Safety**
    - In this 1-hour webinar, attendees explored applying a trauma-informed approach to care with culturally humble and safe principles, enhancing their expertise in palliative care.

- **Walking Alongside Indigenous Peoples who are Seriously Ill: Education for Community Caregivers**
    - Presented by the Northwest Regional Palliative Care Program, Lakehead University's Centre for Education and Research on Aging & Health, and Pallium Canada, participants learned how to enhance health and social care providers' abilities in Indigenous communities to support families and community members caring for loved ones with life-limiting illnesses.

- **Creating Culturally Safe-r Palliative Care Education for Indigenous Communities**

An educational initiative was presented by Lakehead University's Centre for Education and Research on Aging & Health (CERAH) to increase the capacity of Indigenous communities to provide culturally safer palliative care training for health and social care providers, incorporating the Indigenous Wellness Framework into the curriculum.

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	Yes
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	Yes
Medical Assistance in Dying (MAID)	No

Journal Watch

Title of Course	The Palliative Care Journal Watch
Course Content	Keeping you up to date on the latest palliative care literature. The Palliative Care Journal Watch series, from the Palliative Care ECHO Project, is an accredited ongoing series that keeps you up to date on the latest peer-reviewed palliative care literature. This program is led by palliative care experts from the division of palliative care at McMaster University (Hamilton, Ontario) and Queen's University (Kingston, Ontario). Sessions explore key topics in the latest palliative care literature, with a focus on practice change and systems design. Our team of contributors regularly monitors over 20 journals and highlight papers that have the potential to challenge us to think differently about a topic or confirm our current practice.
Target/ Intended Audience	This series is designed for health care providers including physicians, nurses, social workers and other professionals involved in palliative care who wish to stay informed about the latest developments and research in palliative care.
Course Delivery Type & Duration	The Palliative Care Journal Watch program is accessible in multiple formats, including as a live ECHO session, video recordings, slides, and the Palliative Care Journal Watch Podcast.
Course Accreditation	Each live session is accredited by the College of Family Physicians of Canada for up to 1.0 Mainpro+ credit.
Fee/associated costs	All sessions of the Palliative Care Journal Watch series are free.
Link/Website	A complete list of all upcoming sessions, as well as past session recordings, highlighted publications and honourable mentions, can be found at https://www.echopalliative.com/palliative-care-journal-watch/
Contact information	echo@pallium.ca

Additional Notes	Requirements to access training include creating an account with username and password for registration.
Indigenous Specific	

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	Yes
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	Yes
Medical Assistance in Dying (MAID)	No

Pallium Canada

Name of Your Organization	Pallium Canada
About Us	Pallium is a national charitable organization focused on building professional and community capacity to help improve the quality and accessibility of palliative care in Canada. We are a community of clinicians, educators, researchers, carers, administrators, volunteers, Indigenous leaders, and citizen advocates working together to accelerate the integration of palliative care in Canadian communities and health care systems. Pallium was founded in Canada, by Canadians. We empower communities to provide vital support to patients facing life-limiting illnesses and their families and caregivers. We believe that palliative care is everyone's business.
Title of Course	**LEAP™ Courses**
Course Content	Pallium’s award-winning Learning Essential Approaches to Palliative Care (LEAP™) courses are Canada’s leading suite of courseware on palliative care for health care organizations and professionals. Pallium’s suite of LEAP™ courseware provides practical, inter-professional and evidence-based training in the palliative care approach. LEAP™ courses are taught by a dedicated group of palliative care clinicians and educators from across Canada. From major cities to rural towns, Pallium’s certified facilitators bring their experience, knowledge, and passion to deliver LEAP™ training and advocate for better palliative care in their communities. Learners receive a nationally recognized LEAP™ certificate of completion.
Course Format	Our LEAP™ courses are offered in a variety of delivery formats to cater to diverse learning needs and schedules. This includes online learning and hybrid learning options that offer interactive and self-paced online learning modules, as well as in-person face-to-face learning.

Course Material

Below are examples of some of our renowned LEAP™ courses:

For all health care professionals:
LEAP™ Core

- **Description**: LEAP™ Core is an accredited interprofessional course that provides all health care professionals with an in-depth learning experience on essential skills and competencies of the palliative care approach.
- **Audience:** LEAP™ Core is ideal for any health care professional (e.g., physician, nurse, pharmacist, social worker) whose primary focus of work is not palliative care but who provides care for patients with life-threatening and progressive life-limiting illnesses.
- **Delivery model**: Can be delivered online, by hybrid model, or in-person.
- **Accreditation**: LEAP™ Core is accredited by the College of Family Physicians of Canada and the Quebec College of Family Physicians, and the Royal College of Physicians and Surgeons of Canada. Accreditation varies by delivery model.
- **Language**: LEAP™ Core is available in English and French.
- **Fees:** Registration fees may vary.
- **Website**: https://www.pallium.ca/course/leap-core/

Setting and Speciality-specific:
LEAP™ Home Care

- **Description**: LEAP™ Home Care is an interprofessional, facilitated online and hybrid learning program that focuses on the essential competencies to provide a palliative care approach, with case studies and webinars contextualized to a home care setting. LEAP™ Home Care is available in two learning streams, a home care professional stream and a personal support worker stream that includes online modules tailored for PSWs.
- **Audience:** LEAP™ Home Care is ideal for any health care professional (e.g., nurses, pharmacists, social workers, home care nurses) as well as personal support workers or care aides working in a home care context.
- **Delivery model**: Can be delivered online or by hybrid model.
- **Accreditation**: LEAP™ Home Care is not an accredited course. Learners receive a LEAP™ certificate of completion.
- **Language**: LEAP™ Home Care is available in English.
- **Fees:** Registration fees may vary.
- **Website**: https://www.pallium.ca/course/leap-home-care/

LEAP™ Long-Term Care

- **Description**: LEAP™ Long-Term Care is an interprofessional course that focuses on the essential competencies to provide a palliative care approach, with case studies contextualized to the long-term care setting.
- **Audience:** LEAP™ Long-Term Care is ideal for any health care professional (e.g., physician, nurse, pharmacist, social worker) as well as personal support workers (PSWs) or care aides working in long-term care and nursing homes.
- **Delivery model**: Can be delivered online, by hybrid model, or in-person.
- **Accreditation**: LEAP™ Long-Term Care is accredited by the College of Family Physicians of Canada. Accreditation varies by delivery model.
- **Language**: LEAP™ Long-Term Care is available in English and French.
- **Fees:** Registration fees may vary.
- **Website**: https://www.pallium.ca/course/leap-home-care/

Profession-specific:
LEAP™ Paramedic

- **Description**: LEAP™ Paramedic is an online course for paramedics and Emergency Medical Service professionals that teaches the essential practical knowledge, attitudes, and skills to provide a palliative care approach on-site.
- **Audience:** LEAP™ Paramedic is ideal for paramedics and Emergency Medical Service professionals.
- **Delivery model**: Online.
- **Accreditation**: LEAP™ Paramedic is not an accredited course. Learners receive a LEAP™ certificate of completion.
- **Language**: LEAP™ Paramedic is available in English.
- **Fees:** $105.
- **Website**: https://www.pallium.ca/course/leap-paramedic/

LEAP™ CARERS

- **Description**: LEAP™ Carers is an online, self-learning course that provides carers with information and resources to help them provide care to their family or friends living with a serious illness.
- **Audience:** LEAP™ Carers is ideal for anyone who provides care to a person with a serious illness or for anyone who wants to support a carer.
- **Delivery model**: Online, self-learning.
- **Accreditation**: LEAP™ Carers is not an accredited course. Learners receive a LEAP™ certificate of completion.

	- **Language**: LEAP™ Carers is available in English. - **Fees:** Free. - **Website**: https://www.pallium.ca/course/leap-carers/ For a more detailed list of available courses, visit our website at pallium.ca.
Target/ Intended Audience	LEAP™ courses are inter-professional and designed for all health care professions; including courses relevant to most health care professions, courses for settings and specialties, and courses targeted for specific professions.
Course Delivery Type & Duration	Online, Hybrid, Self-Paced, In-Person Classroom Length of time for each course varies. Courses are delivered throughout the year.
Course Accreditation	Accreditation may vary depending on course. Many of our LEAP™ courses are accredited by the College of Family Physicians of Canada and the Royal College of Physicians and Surgeons of Canada.
Fees/ Associated costs	Costs are associated with some of our courses depending on an individual's profession.
Link/website	For a complete list of available courses and to register, visit https://www.pallium.ca/
Contact information	Email: info@pallium.ca Call: 1-833-888-5327 (LEAP) Chat online: pallium.ca
Additional Notes	Requirements to access training include creating an account with username and password for registration.
Indigenous Specific Courses	Culturally appropriate care is addressed throughout LEAP courses. Specific modules on Indigenous Cultural Safety and Humility are under development.

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	Yes
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	Yes
Medical Assistance in Dying (MAID)	No

Canadian Serious Illness Conversations Course (CSIC)	
Title of Course	Canadian Serious Illness Conversations (CSIC) Course
Course Content **Brief Description, general information, details**	The Canadian Serious Illness Conversations (CSIC) course by Pallium Canada is designed to provide health care professionals with the tools and knowledge needed to have compassionate and effective conversations with patients and their families dealing with serious illnesses. This course empowers health care professionals with a comprehensive understanding of the Serious Illness Conversation Guide©, developed by Ariadne Labs of Harvard Medical School. Learners who complete the CSIC course will have a better understanding of serious illnesses and related conversations, knowing when and why to use the Serious Illness Conversation Guide©, and when to seek additional assistance.
Target/ Intended Audience	The CSIC course is ideal for any health care professional (e.g., primary care providers, nurses, social workers) who wants to use the Serious Illness Conversation Guide© more effectively and improve their ability to engage in meaningful and compassionate conversations.
Course Delivery Type **self-paced, online, virtual, in person classroom** **Duration** **length of time, offerings/calendar of events, pre-requisites**	**Course structure** • Online module: This two-part interactive, self-learning module can be completed at your own pace (approximately 1.5–2 hours of work). Learners are guided through using the Serious Illness Conversation Guide©. • Facilitated session: Following the online module, learners may be able to participate in a dynamic and interactive 1.5–2 hour online or in-person workshop led by a certified CSIC facilitator. This clinician workshop offers the opportunity to precise and refine communication skills through role-playing exercise.
Course Accreditation **i.e., accredited, offer CMEs, certificate or certification, competency based?**	The Canadian Serious Illness Conversations course will be submitted for accreditation.

Fee/associated costs	The online module of the Canadian Serious Illness Conversations (CSIC) course is available free of cost. There may be costs associated with hosting or attending a facilitated workshop.
Link/Website address	https://www.pallium.ca/course/the-canadian-serious-illness-conversations-csic/
Contact information	Email: info@pallium.ca Call: 1-833-888-5327 (LEAP) Chat online: pallium.ca
Additional Notes	Requirements to access training include creating an account with username and password for registration.
Indigenous Specific	The CSIC course includes reference and linkages to CSIC resources that have been specifically developed in partnership with Indigenous communities for use with Indigenous peoples in Canada.

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	No
Last Days and Hours in and Expected Death	No
Loss, grief, bereavement, aftercare	No
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	No

Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	No
Helping Relationships & Self Care	No
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	Yes
Medical Assistance in Dying (MAID)	No

Psychosocial and Spiritual Care	
Title of Course	Psychosocial and Spiritual Care Course - Coming Soon
Course Content	The Psychosocial and Spiritual Care course from Pallium Canada is an online, self-learning course that provides health care workers with comprehensive knowledge and skills for delivering holistic, patient-centred care, focusing on psychosocial and spiritual wellbeing. Learners will gain in-depth knowledge of compassion, spirituality, grief, and trauma-informed care, while developing essential skills for addressing the holistic needs of patients facing life-limiting illnesses.
Target/ Intended Audience	This course is designed for health care providers, including nurses, physicians, social workers, chaplains, and other professionals involved in palliative care who seek to deepen their understanding and expertise in psychosocial and spiritual care.
Course Delivery Type & Duration	**Course features:** • 8 interactive, self-learning online modules completed at your own pace (approximately 8 to 10 hours of work). • Short quizzes at the end of each module to assess knowledge. • Built by Canadian psychosocial and spiritual care experts. • Learners will receive a certificate of completion.
Course Accreditation	The Psychosocial and Spiritual Care course will be submitted for accreditation.

Fee/associated costs	Coming soon.
Link/Website address	Coming soon.
Contact information	Email: info@pallium.ca Call: 1-833-888-5327 (LEAP) Chat online: pallium.ca
Additional Notes	Requirements to access training include creating an account with username and password for registration.
Indigenous Specific	

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	Yes
Communication	Yes

Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	Yes
Medical Assistance in Dying (MAID)	No

Indigenous Cultural Safety: Coming Soon	
Title of Course	Indigenous Cultural Safety - Coming Soon
Course Content	The Indigenous Cultural Safety course from Pallium Canada is an online, self-directed course designed to provide health care providers with essential knowledge and insights into delivering culturally sensitive palliative care within Indigenous communities. The first iteration of this course will focus on Indigenous communities in Newfoundland and Labrador, but there is a planned expansion of the course material to cover other communities in Canada, including work that has already been initiated in Alberta. The course includes three modules that cover historical context, cultural competence, and the role of Indigenous wisdom in end-of-life care.
Target/ Intended Audience	This course is intended for health care providers, including nurses, physicians, social workers, and caregivers, interested in enhancing their understanding and skills in delivering palliative care that is culturally appropriate and safe for Indigenous peoples both in community and across the health care system. It is ideal for those who wish to provide more culturally competent and holistic care to Indigenous individuals and their families facing end-of-life challenges.
Course Delivery Type & Duration	**Course features:** • 3 interactive, self-learning online modules completed at your own pace. • Topics include: ◦ Indigenous history and legacy effects.

	○ Cultural intelligences, wise practices, and Indigenous knowledges. ○ End-of-life choices and reclaiming Indigenous palliative care. • Each module is adapted to be relevant and appropriate for the region in partnership with local communities. • Short quizzes at the end of each module to assess knowledge. • Learners will receive a certificate of completion.
Course Accreditation	Will be included in all accredited and non-accredited LEAP courses
Fee/associated costs	Free for all past and future LEAP participants
Link/Website address	Coming soon
Contact information	Email: info@pallium.ca Call: 1-833-888-5327 (LEAP) Chat online: pallium.ca
Additional Notes	Requirements to access training include creating an account with username and password for registration.
Indigenous Specific	yes

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes

Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	Yes
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	Yes
Medical Assistance in Dying (MAID)	No

Palliative Care ECHO Project

Name of Your Organization	The Palliative Care ECHO Project
About Us	The Palliative Care ECHO Project is a national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illnesses. Led by Pallium Canada and its Hub Partners from across Canada, this Project delivers a continuous learning journey for health care providers to build local capacity to provide a palliative care approach to patients and their families.
Topic or Title of Course / Resource	The Palliative Care ECHO Project has held more than 300 sessions, featuring a diverse range of topics, formats, and discussions. These sessions are delivered by Pallium and its Hub Partners and include standalone sessions and communities of practice, providing comprehensive coverage of multiple topics within a variety of palliative care settings.

Course Content	**Some of the Palliative Care ECHO Project communities of practices have included:** • **Community-Based Primary Palliative Care Community of Practice**: This accredited community of practice is geared toward inter-professional primary care clinicians across Canada who are looking to augment their primary-level palliative care skills and connect with and learn from colleagues around providing a palliative care approach. • **Long-Term Care Community of Practice**: This accredited series brought together health care professionals, administrators, and system leaders working in long-term care. Participants explored topics ranging from diversity and inclusion in the long-term care setting and supporting new team members to honouring personhood in dementia care and advance care planning. • **Personal Support Worker Community of Practice**: This two-part series connected personal support workers from across Canada with an interested in improving their knowledge and understanding of palliative care. • **Spiritual Care Community of Practice**: This community creates a space for health care professionals, systems leaders, spiritual care practitioners, and psychospiritual therapists to come together and deepen their understanding of spirituality in palliative and bereavement care. • **Be Prepared: Palliative Emergencies in the Home**: This series from the Canadian Home Care Association focused on home care-based palliative care emergencies and covered the 5 B's of palliative emergencies: breathing, balance, bleeding, brain, and blockages. • **Fin de vie (French):** This accredited series from Médecins francophones du Canada covered a wide range of palliative care topics including heart failure, dementia, Parkinson's, end-of-life distress and more.
Course Delivery Type & Duration	**Course Delivery Type** Online **Duration** Sessions are held throughout the year, in varying time zones. Session length may vary but are typically 45-60min long.
Course Accreditation	Accreditation may vary depending on the series or session. Many of the Palliative Care ECHO Project sessions have been accredited by the College of Family Physicians of Canada and the Collège des médecins du Québec.

Fee/associated costs	All sessions facilitated through the Palliative Care ECHO Project are free with no costs to participants.
Link/Website address	A complete list of all upcoming sessions and series, as well as past session recordings and resources, can be found at www.echopalliative.com
Contact information	echo@pallium.ca
Additional Notes	Requirements to access training include creating an account with username and password for registration.
Indigenous Specific	The Palliative Care ECHO Project has held several sessions on indigenous specific topics, such as: • **Supporting Journeys to the Spirit World: Embracing a Two-Eyed Seeing Approach to Caring for Indigenous Peoples with the North West Regional Palliative Care Program:** ◦ The program led by one of our hub partners explored the blend of Indigenous and Western approaches, focusing on Two-Eyed Seeing, equity- and trauma-informed care, to improve culturally sensitive support for seriously ill Indigenous individuals and identify relevant resources. • **Trauma Informed Care and Cultural Safety** ◦ In this 1-hour webinar, attendees explored applying a trauma-informed approach to care with culturally humble and safe principles, enhancing their expertise in palliative care. • **Walking Alongside Indigenous Peoples who are Seriously Ill: Education for Community Caregivers** ◦ Presented by the Northwest Regional Palliative Care Program, Lakehead University’s Centre for Education and Research on Aging & Health, and Pallium Canada, participants learned how to enhance health and social care providers' abilities in Indigenous communities to support families and community members caring for loved ones with life-limiting illnesses. • **Creating Culturally Safe-r Palliative Care Education for Indigenous Communities** An educational initiative was presented to increase the capacity of Indigenous communities to provide culturally safer palliative care training for health and social care providers, incorporating the Indigenous Wellness Framework into the curriculum.

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	Yes
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	Yes
Medical Assistance in Dying (MAID)	No

Journal Watch

Title of Course	The Palliative Care Journal Watch
Course Content	Keeping you up to date on the latest palliative care literature. The Palliative Care Journal Watch series, from the Palliative Care ECHO Project, is an accredited ongoing series that keeps you up to date on the latest peer-reviewed palliative care literature. This program is led by palliative care experts from the division of palliative care at McMaster University (Hamilton, Ontario) and Queen's University (Kingston, Ontario). Sessions explore key topics in the latest palliative care literature, with a focus on practice change and systems design. Our team of contributors regularly monitors over 20 journals and highlight papers that have the potential to challenge us to think differently about a topic or confirm our current practice.
Target/ Intended Audience	This series is designed for health care providers including physicians, nurses, social workers and other professionals involved in palliative care who wish to stay informed about the latest developments and research in palliative care.
Course Delivery Type & Duration	The Palliative Care Journal Watch program is accessible in multiple formats, including as a live ECHO session, video recordings, slides, and the Palliative Care Journal Watch Podcast.
Course Accreditation	Each live session is accredited by the College of Family Physicians of Canada for up to 1.0 Mainpro+ credit.
Fee/associated costs	All sessions of the Palliative Care Journal Watch series are free.
Link/Website address	A complete list of all upcoming sessions, as well as past session recordings, highlighted publications and honourable mentions, can be found at https://www.echopalliative.com/palliative-care-journal-watch/
Contact information	echo@pallium.ca

Additional Notes	Requirements to access training include creating an account with username and password for registration.
Indigenous Specific	

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	Yes
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	Yes
Medical Assistance in Dying (MAID)	No

PACE for PSW

Name of Organization	PACE for PSWs
About Us	Online interactive Palliative Care Education Developed Specifically for PSWs. The PACE for PSWs Program was developed through a partnership between the Canadian Hospice Palliative Care Association, Hospice Palliative Care Ontario and Life and Death Matters. The program is made possible through financial contributions from Health Canada and the Sovereign Order of St John of Jerusalem.
Topic or Title of Resource	1. "I don't know what to say" preparing to care, communicate and connect 2. Integrating a palliative approach to support people as they live and die 3. 'Being with' and 'ways of being': Boundaries and the Family Dance 4. Supporting Physical Comfort: Part 1 – Tools, Medications and Pain 5. Supporting Physical Comfort: Part 2 6. Caring for Yourself While You Care for Others 7. Providing Culturally Safe Care with an Indigenous Lens 8. Providing Psychosocial Care: Part 1 9. Providing Psychosocial Care: Part 2 – Loss and Grief 10. Last Days and Hours
Course Content	1. **"I don't know what to say" preparing to care, communicate and connect** ○ Learn how to communicate and connect in ways that honour and respect a dying person and their family; develop self-awareness and a deeper understanding of their beliefs, values, and cultural view; explore and learn the best practices for communicating and connecting in palliative care, so that you can better know what to say when providing care; and discover what you might be saying that may prevent a person from sharing what they are feeling or they need.

2. **Integrating a palliative approach to support people as they live and die**
    - Discover the dramatic changes in dying over the past 100 years - changes that resolve dying into four common patterns and affect how care is now provided. As you learn the principles for providing palliative care, you'll develop your understanding of why some people may struggle to access palliative and end-of-life care.
    - Empower yourself with the knowledge and skills for integrating a palliative approach into the care of any person with a life-limiting illness, in any care setting.
3. **‘Being with’ and ‘ways of being’: Boundaries and the Family Dance**
    - Using the ‘family dance’ model and the captivating podcasts from Elizabeth Causton, learn how to develop your therapeutic boundaries, how to identify unclear boundaries and ways to maintain boundaries when providing care. Understand the challenges of providing care in a smaller community, when you may be a friend/family member as well as the member of the health care team. Learn practical skills and phrases for working with boundaries and providing compassionate care.
4. **Supporting Physical Comfort: Part 1 – Tools, Medications and Pain**
    - Build valuable skills in gathering and sharing information as you learn how to support physical comfort for a person with life-limiting illness.
5. **Supporting Physical Comfort: Part 2**
    - This course discusses the common symptoms of dyspnea, anorexia and cachexia, nausea and vomiting, and delirium, and the ways that PSWs can support the comfort of a person experiencing a symptom.
    - In this course, you will build on your skills for using standardized tools while learning about these common symptoms, the causes, medications, treatments and comfort measures. Through the course, you will build skills in communicating with the team and advocating for the person's care wishes.
6. **Caring for Yourself While You Care for Others**
    - Caregiving, especially when working with a person who is dying and their family, has the potential to exhaust a caregiver. The course explores the different domains of self-care and helps

you to determine the best self-care practices to care for you. In addition to developing an individualized self-care plan, you will also prepare an advanced care plan.

7. **Providing Culturally Safe Care with an Indigenous Lens**
    - Explore the history of Indigenous people in Canada and the role of colonialism in marginalizing Indigenous people and their access to health care.
    - Learn strategies for providing culturally safer care with a trauma informed approach including implementing Calls to Action for health care from the Truth and Reconciliation Commission and using the concept of two-eyed seeing.
8. **Providing Psychosocial Care: Part 1**
    - Develop ways to maintain a psychosocial perspective when providing care, using the VERS strategy. Learn about common transitions during decline, and ways to provide psychosocial support for the person and family. Build skills in supporting the person and family through the decline of dementia. Learn the essential role of the PSW in supporting advance care planning.
9. **Providing Psychosocial Care: Part 2 – Loss and Grief**
    - Loss and grief are prominent features of the psychosocial landscape when a person is dying. Learn the essential truths about loss and grief and engage in reflections on a personal experience to anchor your new understandings of loss and grief. Learners build practical skills for providing compassionate comfort for a grieving person, including ways to communicate that convey support and understanding. In the section on children and grief, learn how children differ in their grieving and common concerns, and understand ways for supporting grieving children. In the final module, students explore their own beliefs about MAID and learn ways to respond to a person interested in MAID or requesting MAID.
10. **Last Days and Hours**
    - This course will help you as you provide care and support in the last days and hours. Build your understanding of care needs by learning about common physical changes in the last days and hours and ways to support the person's physical comfort. Understand the psychosocial implications of the changes for the family and how to support them. Learn how to care for a body after death, and ways to support a family to be with their deceased loved one, including ways to support rituals and traditions.

Course Format	Interactive online videos and quizzes. The courses have embedded videos and podcasts.
Course Material	Online courses accessed via the paceforpsws.ca website
Target/ Intended Audience	Originally created for PSWs, PACE is helpful for anyone who would like to develop their knowledge and understanding of death and applying a palliative approach.
Course Delivery Type & Duration	Self-paced, online, virtual. Each course takes 1.5-2 hours to complete.
Course Accreditation	Participants can earn a certificate for each course they complete. Complete all ten courses to receive a National Certificate in Palliative Care from the Canadian Hospice Palliative Care Association, Hospice Palliative Care Ontario, and Life and Death Matters.
Fee/Associated costs	$160 for 10 courses $33.90 per course **The course “Providing culturally safe care with an Indigenous Lens” is offered for free
Link/Website Address	www.paceforpsws.ca
Contact Information	support@paceforpsws.ca
Additional Notes	Signing up for a course requires creating an account, and purchasing courses. But! The course “Providing culturally safe care with an Indigenous Lens” is offered for free.
Indigenous Specific Courses	“Providing culturally safe care with an Indigenous Lens”

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	Yes
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	Yes
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	Yes
Medical Assistance in Dying (MAID)	Yes

Nurse’s Content	
Name of Organization	Life and Death Matters
About Us	Life and Death Matters was founded in 2005 with the mission to improve care for the dying through the delivery of comprehensive palliative resources, training, and support for healthcare workers and individuals. We are outgoing advocates for expanding palliative care education for personal support workers (PSWs) and nurses in core curriculum and in the workplace. In support of our mission, Life & Death Matters publishes a growing library of resources (textbooks, companion workbooks, videos, and podcasts) to support educators and students in developing skills for integrating a palliative approach and providing care at the end of life.
Topic or Title of Resource	**Textbook: Essentials in Hospice and Palliative Care: A Practical Resource for Every Nurse** **Workbook:** Essentials in Hospice and Palliative Care: A Practical Resource for Every Nurse Learning Activities
Course Content	The textbook provides learners with the knowledge, skills, and strategies for providing excellent hospice and palliative care and as such, is an essential resource for every nurse. The text: • Addresses ethical principles and questions through ethical touchstones. • Incorporates stories to help nurses develop cultural competence and cultural humility. • Encourages nurses to consider their role as a leader and advocate through day-to-day work. • Can help to increase a nurse’s confidence, competence, and compassion in caring for the dying person and their family. Full colour, 300+page text, developed to meet ICN, CNA, CCPNR, and ANA HPC nursing competencies, including the CNA competencies and ethics touchstones. The workbook is in full colour, and is 95+pages of reflective, short-answer, and discussion-based learning activities.

Course Format	Textbook, workbook, and companion videos and podcasts. For educators, there are also customizable teaching presentations. (PPTs) Free webinars for nurses and educators. Free blog articles explore current topics in providing end-of-life care, palliative care, and integrating a palliative approach.
Course Material	**Textbook: Essentials in Hospice and Palliative Care: A Practical Resource for Every Nurse** **Workbook:** Essentials in Hospice and Palliative Care: A Practical Resource for Every Nurse Learning Activities **Media Library**: includes videos and podcasts that align with the text, workbook.
Target/ Intended Audience	**All nurses**
Course Delivery Type & Duration	Can be used in classrooms or for self-paced study
Course Accreditation	Life and Death Matters resources are based upon the national and provincial palliative care competencies for nurses.
Fee/Associated costs	**Various packages** Online text: $78 Online text + access to podcasts/videos: $106 Online text, workbook + access to podcasts/videos: $130 Online text, workbook + access to podcasts/videos, AND print text; $158 **Essentials package** – Online text, workbook + access to podcasts/videos, **AND print** text + workbook: $198 Print text: $130 Print workbook: $39.95
Link/Website Address	**https://lifeanddeathmatters.ca/for-students/#nursing-resources**
Contact Information	**https://lifeanddeathmatters.ca/customer-support/#technical-support**

Additional Notes	Requires purchase to access
Indigenous Specific Courses	Cultural competence and cultural humility for caregivers

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	No
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	Yes
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Some
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	Some
Medical Assistance in Dying (MAID)	Yes

Personal Support Workers (PSW’s) Content	
Name of Organization	Life and Death Matters
About Us	Life and Death Matters was founded in 2005 with the mission to improve care for the dying through delivery of comprehensive palliative resources, training, and support for healthcare workers and individuals. We are outgoing advocates for expanding palliative care education for personal support workers (PSWs) and nurses in core curriculum and in the workplace. In support of our mission, Life & Death Matters develops a growing library of resources (textbooks, companion workbooks, videos, and podcasts) to support educators and students extend their palliative skills and approach.
Topic or Title of Course	Integrating a Palliative Approach: Essentials for Personal Support Workers – 2nd edition Textbook Integrating a Palliative Approach: Essentials for Personal Support Workers – Workbook 2nd Edition, Revised
Course Content	These resources are aimed to increase your confidence and competence in providing compassionate, culturally safe palliative care. The textbook is broken into 7 chapters that each delve into different aspects of integrating a palliative approach, and how to support yourself, and your patients. You will develop ways of: • Reflecting on beliefs and values, and maintaining therapeutic boundaries • Communicating, including how to avoid roadblocks and open the doors to serious conversations • Providing culturally safe care, free of systemic racism and bias for any marginalized person, including First Nations, Inuit, Metis and urban Indigenous people • Embedding a trauma-informed approach into your care. The workbook is filled with questions and activities to build upon the information in the text. The podcasts and videos also build upon the text, and provide spoken role plays and more in-depth discussions.

Course Format	Textbook, workbook, and companion videos and podcasts. For educators, there are also customizable teaching presentations. (PPTs) Free webinars for nurses and educators. Free blog articles explore current topics in providing end-of-life care, palliative care, and integrating a palliative approach.
Course Material	**Textbook**: Integrating a Palliative Approach: Essentials for Personal Support Workers – 2nd edition **Workbook**: Integrating a Palliative Approach: Essentials for Personal Support Workers – Workbook 2nd Edition, Revised **Media Library**: includes videos and podcasts that align with the text, workbook.
Target/ Intended Audience	Personal Support Workers, home support worker, continuing care assistant, Health care assistants, etc
Course Delivery Type & Duration	Our resources can be used in the classroom or for self-paced study.
Course Accreditation	Life and Death Matters resources are based upon the national and provincial palliative care competencies for nurses.
Fee/Associated costs	**Various packages** Online text, workbook + access to podcasts/videos: $99 Online text, workbook + access to podcasts/videos, AND print text + workbook: $137 Print text: $85 Print workbook: $35
Link/Website Address	**https://lifeanddeathmatters.ca/for-students/#psw-resources**
Contact Information	**https://lifeanddeathmatters.ca/customer-support/#technical-support**
Additional Notes	Requires purchase to access

Indigenous Specific	Textbook contains sections on supporting cultural safety and addressing systemic bias and racism

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	No
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	Yes
Communication	Yes
Cultural safety (safer care) in providing care for indigenous peoples	Yes
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	Yes
Medical Assistance in Dying (MAID)	Yes

NON- INDIGENOUS RESOURCES: SPECIFIC TO PALLIATIVE CARE IN LONG-TERM CARE SETTINGS

Quality Palliative care in long term care (QPC-LTC)	
Name of Organization	Centre for Education and Research on Aging & Health (CERAH)
About Us	Quality Palliative Care in Long Term Care Alliance (2003-2010) Participatory Action Project Funded by the Social Sciences and Humanities Research Council and Canadian Institute of Health Research
Title of Resource /toolkit	Quality Palliative Care in Long Term Care Alliance Toolkit (Tools for Change)
Course Content	**QPC-LTC Toolkit** **What are Tools for Change?** Tools for Change is a resource that was created by the Quality Palliative Care in Long Term Care (QPC-LTC) Alliance to guide long-term care homes in Canada that are creating their own formalized palliative care programs. The Alliance consisted of 30 researchers & knowledge brokers, 50 community organizational partners, and over 30 students along with Bethammi Nursing Home, Hogarth Riverview Manor, Creekway Village, and Allendale Long Term Care Home. The contribution of all QPC-LTC Alliance members in this work is gratefully acknowledged. The Alliance members developed a model of care for palliative care in long-term care that is supported by multiple quality improvement interventions for implementing education, direct care, community partnerships, and policy and program development. These individual implementation toolkits make up this overarching toolkit for developing Quality Palliative Care in Long Term Care Homes. **View the toolkit resource directory** or **view an overview of the four modules and interventions**. **Why was the toolkit created?** This toolkit is the main outcome of the Alliance's participatory action research over five years. The project, called a Community University Research Alliance, was funded by the Social Sciences and Humanities Research Council (SSHRC) and the Knowledge Translation component

	was funded by the Canadian Institutes of Health Research (CIHR). The overarching goal of this project was to improve the quality of life for residents with progressive, chronic and life-limiting illnesses who are living and dying within their long-term care homes. These include residents with diseases of the liver, heart, lung, kidney, cancer, and dementia. **What is the toolkit?** The toolkit outlines a model of care that was developed using literature on innovative practices and guidelines for providing palliative care and research data indicating the successes of the four long-term care homes that volunteered to be study sites. An audit tool was created as a companion to the model to help long-term care homes self-assess their current structures and processes for palliative care. In areas where long-term care homes choose to do quality improvement, our practical toolkits are offered to help homes develop or enhance their structures and processes and improve the delivery of palliative care. **How can long-term care homes use this toolkit?** Long-term care homes can use this toolkit to do a self-assessment on their current provision of palliative care. This toolkit is meant to be a guide and resource, offering long-term care homes a way to assess their palliative care delivery and to continue to enhance or develop their existing programs. Long-term care homes are free to copy and share any parts of this toolkit that is of use to them. They may also adapt this toolkit to better fit the needs of their organization. Use of the model and toolkits should be acknowledged as name of the tool, version #, date, Quality Palliative Care in Long Term Care Alliance, www.palliativealliance.ca **Toolkit Overview** Modules **Background & Acknowledgements** **Module #1: Introduction** **Module #2: Palliative Care in Long Term Care Philosophy** **Module #3: Process for Change** **Module #4: Module, Tools and Innovations**
Course Format	Guides, toolkits, brochures, educational material (approximately 50 tools and resources)

Course Material	LTC homes are provided 4 frameworks to guide a comprehensive approach to organizational development. Applying the Kelley Model for Organizational Change and Figures 1,2,3. https://www.palliativealliance.ca/project-results.html#fig1 Course materials include policy, program, and educational resources. Practical tools are organized into resident care, staff education, communication, and community partnerships. Modules • **Background and Acknowledgements** • **Module #1: introduction** • **Module #2: Palliative Care in Long Term Care Philosophy** • **Module #3: Process for Change** • **Module #4: Module, Tools and Innovations** https://www.palliativealliance.ca/modules.html
Target/ Intended Audience	Staff working in LTC homes (all disciplines, managers and front-line workers)
Course Delivery Type & Duration	Resources are downloaded and used by staff in the LTC home.
Course Accreditation	Not applicable. LTC homes use these resources for staff training and organizational development to assist them to prepare for Accreditation.
Fee/Associated costs	No Cost
Link/Website Address	www.palliativealliance.ca
Contact Information	Dr. Mary Lou Kelley mlkelley@lakeheadu.ca
Additional Notes	Some resources are translated into French.

Indigenous Specific	no

THIS EDUCATION SUPPORTS THE FOLLOWING TOPICS:

Topic	Yes/No
Advance Care Planning/Goals of Care/Decision making	Yes
Understanding the Palliative Approach to care	Yes
Client and Family Centred Approach to Care	Yes
Pain & Other Symptoms	Yes
Last Days and Hours in and Expected Death	Yes
Loss, grief, bereavement, aftercare	Yes
Trauma informed approach to palliative and end of life care	No
Psycho-social, spiritual health and well- being	Yes
Dying with dementia	Yes
Communication	No
Cultural safety (safer care) in providing care for indigenous peoples	No
Helping Relationships & Self Care	Yes
Two-spirit & Indigenous (and non indigenous) LGBTQQIA+ and gender diverse people	No
Medical Assistance in Dying (MAID)	No

strengthening the palliative approach to care in long term care (Spa-ltc)

Name of Organization	Strengthening a Palliative Approach in Long Term Care (SPA-LTC)
About Us	Strengthening a Palliative Approach in Long-term Care (SPA-LTC) is about providing people with life-limiting illnesses with opportunities to experience a high quality of life from when they enter long-term care to the day of their death. SPA-LTC strengthens the relationships between LTC residents, their families, and healthcare teams through continuous quality improvement and capacity building. The SPA-LTC program provides resources to family members, health care providers and researchers across Canada to improve care for LTC residents. These resources are developed to integrate evidence-and equity-based approaches to palliative care at both practice and policy level.
Title of Course & Resource	1) SPA-LTC Health Care Worker and Palliative Education Program 2) SPA-LTC Circle Model
Course Content	SPA-LTC offers free online modules to support training and education on a palliative approach to care for a variety of staff working in LTC.
Course Format	Research, Resources, podcasts, e-Learning, SPA-LTC Toolkit
Course Material	Topics are designated by search filters, to make navigation easier. For example **Topic**: Advance care planning, Bereavement, Better communication, Learning about dying, Learning about illness, Symptom management **Toolkit**: Palliative Care **Role**: Family/caregiver/Healthcare professional, Researcher **Resource type**: Clinical form/process, Informational Print Resource, Informational video, Research report **Province & Territory**
Target/ Intended Audience	LTC residents, families, public, healthcare teams

Course Delivery Type & Duration	Self-paced, online, virtual, in person classroom
Course Accreditation	Accredited
Fee/Associated costs	Free
Link/Website Address	To access modules & resources visit the eLearning section of the SPA-LTC website Links: https://spaltc.ca/ https://spaltc.ca/resource-library/ Strengthening a Palliative Approach in Long-term Care Repository of Resources, SPA-LTC Link to educational resources for Palliative care https://spaltc.ca/wp-content/uploads/2020/07/Educational-Resources-for-Interdisciplinary-Team-1.pdf Link to the SPA-LTC Circle Model https://spaltc.ca/resource/**spa-ltc-model-en**/ https://spaltc.ca/resource/**spa-ltc-modele-fr**/
Contact Information	**Project Lead:** Dr Sharon Kaasalainen **Email:** kaasal@mcmaster.ca https://spaltc.ca/get-in-touch/ **Phone**: 905-525-9140 **Address:** School of Nursing, Faculty of Health Sciences, McMaster University 1280 Main St. West, HSC 3N25 Hamilton, ON L8S 4K
Additional Notes	
Indigenous Specific	No

THE EDUCATION SUPPORTS THE FOLLOWING TOPICS

one specific example is Advance Care Planning/Goals of Care/Decision making, specific to SPA-LTC (ACP in persons living with Dementia)

Ontario Centres for Learning, Research, and Innovation in Long-Term Care at Bruyere	
Name of Organization	Centres for Learning, Research, and Innovation in Long-Term Care in Ontario at Bruyere
About Us	We are a resource for the long-term care sector to enhance the health and well-being of people who live and work in long-term care by providing education and training, sharing research and innovations and identifying and developing resources for LTC homes
Topic or Title of Resource	All-In Palliative Care: The Team Approach to Long-Term Care
Course Content	The All-In Palliative Care training program is an evidence-informed training program that boosts interprofessional care delivery and improves team-wide communication through interactive scenario-based learning on the psychosocial aspects of care. This training benefits LTC homes that want to build their team's competencies and capacity in interprofessional palliative care.
Course Format	Virtual 8-hour training
Course Material	Lesson 1: What is palliative care? Lesson 2: Palliative care sooner rather than later Lesson 3: Palliative care is everyone's responsibility Lesson 4: Increasing comfort talking about dying and death Lesson 5: Grief is normal Each learner is provided with a Participant Toolkit to use during the virtual training. The toolkit includes links to the resources used during the training as well as additional resources to explore.
Target/ Intended Audience	Educators, Food Service Workers, Housekeeping, HR/Operations, Leaders & Managers, Nurses, Physiotherapists, PSW, Quality, Resident Support Aide, Social Workers, Staff / Team Members, Therapeutic Professionals

Course Delivery Type & Duration	Virtual, 8 hours Enrollment for LTC teams during specified periods throughout the year. Pre-requisite 1-hour Communication at End of Life eLearning
Course Accreditation	Accredited by the Canadian Nurses Association - 9 hours A certificate of completion is provided by the CLRI
Fee/Associated costs	All Ontario-CLRI resources are freely available to the public.
Link/Website Address	https://clri-ltc.ca/resource/all-in-palliativecare/
Contact Information	info@clri-ltc.ca
Additional Notes	Each learner will be guided to set up an account in the CLRI eLearning Hub
Indigenous Specific	No

Topic or Title of Resource	Communication at End of Life (CEoL) eLearning
Course Content	This eLearning series is designed to refresh or develop team members' communication skills to provide quality palliative care and end-of-life care in long-term care (LTC) homes. The three courses in the series include interactive case scenarios that reflect the unique setting and context of care delivery in LTC homes
Course Format	**Three self-paced courses around 20 minutes in length each.** 1. Communicating about Hospice Palliative Care 2. Coping with Grief 3. Building Relationships

Course Material	**Course 1: Communicating about Hospice Palliative Care** This course enables interprofessional team members to respond in the most appropriate way to a question or comment from a resident or family member about the purpose of a hospice palliative approach to care. Interprofessional team members will learn how to appropriately define palliative care, recognize palliative care myths, and identify communication issues that can arise in different domains of care related to illness and bereavement. Anticipated outcomes include reduced confusion and misunderstanding of the purpose of palliative care from interprofessional team members, residents, and loved ones. **Course 2: Coping with Grief** This course enables interprofessional team members to initiate conversations to support residents or family members in mourning. This course also enables interprofessional team members to respond in the most appropriate way to questions or comments from residents or family members about end-of-life issues. Interprofessional team members will learn how to recognize the manifestations of grief, recognize the tasks that people need to complete as they grieve, and recognize the needs of those in mourning. Anticipated outcomes include improved ability to initiate and continue end-of-life conversations and increased comfort in talking about death. **Course 3: Building Relationships** This course enables interprofessional team members to use paraphrasing and empathy when responding to a resident or family member in difficult and/or emotionally charged conversations about end-of-life issues. Interprofessional team members will learn how to effectively paraphrase, how to incorporate empathy in their responses, and recognize if a situation is outside the boundaries and limits of their professional role. Anticipated outcomes include improved communication skills to build therapeutic relationships with residents and family members and an enhanced understanding of the role that all long-term care interprofessional team members can play in end-of-life communication.
Target/ Intended Audience	Educators, Food Service Workers, Housekeeping, HR/Operations, Leaders & Managers, Nurses, Physiotherapists, PSW, Quality, Resident Support Aide, Social Workers, Staff / Team Members, Therapeutic Professionals

Course Delivery Type Duration	3 - self-paced eLearning modules. Each is 20 minutes long.
Course Accreditation	Accredited by the Canadian Nurses Association - 1 credit for completing all 3 modules A certificate of completion is provided by the CLRI
Fee/Associated costs	Free
Link/Website Address	https://clri-ltc.ca/resource/ceol-elearning/
Contact Information	info@clri-ltc.ca
Additional Notes	Each learner will be guided to set up an account in the CLRI eLearning Hub
Indigenous Specific	No

Topic or Title of Resource	Palliative Care Family Education Sessions Palliative Care Series Family and Caregivers Education Series
Course Content	6-90 minute virtual education sessions on the following topics: • 5 Things to Know About Palliative Care • Navigating and Advocating in LTC • Talking About Medications • Advance Care Planning and Goals of Care • Grief • Caring for Yourself Sessions include videos, resources, information-sharing and breakout rooms to promote peer to peer engagement

Course Format	Family members must request the link to the live virtual sessions held monthly.
Course Material	**Session 1: 5 Things to Know About Palliative Care** Clarify the meanings of a Palliative Approach to Care and End-of-Life care. Introduce 5 essential elements of Palliative Care: It's person-centered, provided sooner than later, delivered by an interprofessional team, it's holistic, and focused on quality of life. **Session 2: Navigating & Advocating in LTC** Explore terminology and roles common in LTC homes; appreciate the role of he family as part of the care team; consider effective communication and become familiar with non-violent communication **Session 3:** Talking About Medications Describe how someone's medication needs may change over time; Discuss who is involved in providing and managing medications in the LTC setting; Explain the shared role between residents, carers, LTC team members, and health care providers towards making decisions regarding medication use; Outline an approach for determining whether a medication resource is reliable; Discuss concepts of polypharmacy and de-prescribing. **Session 4: Advance Care Planning & Goals of Care** Understand Advance Care Planning (ACP), Goals of Care and Health Care Consent in Ontario; Know how to confirm a Substitute Decision Maker; Develop ideas on how to begin having ACP conversations. **Session 5: Grief:** Establish a common language associated with loss, dying, and death; Enhance ability to support oneself; Understand elements of supporting others.
Target/ Intended Audience	Family members and care partners of those residing in LTC
Course Delivery Type & Duration	Virtual, 90 minutes Monthly from November - April
Course Accreditation	N/A

Fee/Associated costs	Free
Link/Website Address	A link is provided to those who register
Contact Information	Andrea Katz, Project Coordinator akatz@bruyere.org
Additional Notes ie public access or requires registration	Participants must register to receive the virtual meeting link
Indigenous Specific	No

THIS EDUCATION/RESOURCE INCLUDES THE FOLLOWING TOPICS:

- Advance Care Planning
- Communication at End-of-Life
- Culturally Safe and Sensitive Palliative Care
- Grief and Loss. Self-Care
- Palliative Care and End-of-Life
- Palliative Care During COVID-19
- Symptom Management

ADDITIONAL NON-INDIGENOUS RESOURCES SPECIFIC TO LONG-TERM CARE:

Centres for Learning, Research, and Innovation in Long-Term Care (CLRI-LTC) in Ontario at Bruyere

NAME OF RESOURCE

Collaborative Project Resource Library

CONTACT

Email: info@clri-ltc.ca

AUTHOR

Various contributors and subject matter experts

DESCRIPTION

The Collaborative Project to Sustain a Palliative Approach to Care in Long-Term Care is a collaborative project that pools key regional and provincial stakeholder resources and expertise to integrate and/or strengthen palliative care in LTC homes across Ontario. This resource library is curated by the Ontario CLRI at Bruyère as part of our Sustaining Palliative Approach in Long-Term Care initiative. It includes resources for individuals, families, care partners, and long-term care team members.

WEBSITE/URL

video Elder Roberta Price of Coast Salish Snuneymuxw & Cowichan offers a national blessing for our grief to comfort Canadians grieving a death during the pandemic. https://www.youtube.com/watch?v=8LkOBLcN7UM

Centres for Learning, Research, and Innovation in Long-Term Care (CLRI-LTC) in Ontario at Bruyere

NAME OF RESOURCE

Palliative Care Series for Teams

CONTACT

Email: info@clri-ltc.ca

AUTHOR

Various contributors and subject matter experts

DESCRIPTION

Requires access to Google Docs

WEBSITE/URL

https://docs.google.com/document/d/1qcaiUkTsOhB3YPzLlJs-y9p-Vo1VoWhFbEqetondq10/edit

RESOURCE FOR PAIN AND SYMPTOM MANAGEMENT CONSULTATION PROGRAM.

Organization: St Joseph’s Healthcare London. Palliative Pain & Symptom Management Consultation Program - Southwestern Ontario.

https://www.palliativecareswo.ca/programs-fundamentals.html

RESOURCES RELATED TO NURSING CURRICULUM, PALLIATIVE CARE AND INDIGENOUS NURSING:

Nursing Curriculum Resources Canadian Association of Schools of Nursing (CASN)- Palliative and End-of-Life care teaching and learning resources for nurse educators.
https://www.casn.ca/education/education-home/

Palliative and End-of-Life Care Teaching and Learning Resources 2012
https://www.casn.ca/education/palliative-care/

Discussion Paper: Cultural Competence and Cultural Safety in First Nations, Inuit, and Métis Nursing Education

Discussion paper: Final Framework
https://www.casn.ca/2014/12/making-happen-strengthening-first-nations-inuit-metis-health-human-resources/

Addressing Challenges in Palliative Care

Indigenous people in Canada have a distinctive history and culture that has the potential to influence their health and healthcare needs. In particular, the resources below illustrate some unique challenges and disadvantages faced by Indigenous peoples who are experiencing homelessness or structural vulnerability and Two-spirit & Indigenous LGBTQQIA+ and gender diverse people (2SLGBTQQIA+) who have a serious life-limiting illness and require access to culturally safe palliative care. Organizations listed below have highlighted the importance of supporting individuals, families, and carers to navigate the healthcare system to receive quality healthcare that is sensitive to these unique circumstances. Palliative care education and training for healthcare providers is one way to equip them with the necessary skills, knowledge, and competency to provide quality palliative care that is culturally safe and tailored to address these exact needs and preferences.

This section offers a range of resources for consideration based on topics of special interest: i.e. homelessness, 2SLGBTQQIA+, MAiD, and Indigenous Dementia.

HOMELESS OR STRUCTURALLY VULNERABLE

Society is witnessing a steady rise in health and social care issues that can negatively impact their physical and mental health. With this, often comes a growing demand for improved access to care and services for members of the vulnerable-housed community, living with serious life-limiting illness. Below are examples of organizations leading the charge to address these needs by developing education, training, resources, and innovative models of palliative care service delivery.

Palliative care for the homeless or structurally vulnerable	
Name of Organization	Inner City Health Associates (ICHA). Health Equity and Homelessness Program, University of Toronto
About Us	The Inner City Health Associates (ICHA) works with Toronto’s homeless and precariously housed population. Due to an increased demand for improved access to care and services for members of the vulnerable-housed community living with serious life-limiting illnesses, ICHA developed an education program called Palliative Education and Care for the Homeless (PEACH). The program is an example of an organization serving underserved populations that

	developed competency training for the provision of appropriate care for those populations. In addition to direct clinical care and outreach, ICHA supports program development, research, and advocacy.
Topic or Title of Resource	PEACH Program: Palliative Education and Care for the Homeless: A Model of Outreach Palliative Care for Structurally Vulnerable Populations Medical education has been central to the PEACH program, which includes clinical elective rotations for medical students, residents, and clinical fellows in palliative care. A clinical rotation with the PEACH program is a core component of the University of Toronto's Palliative Care Family Medicine Enhanced Skills program. Learners engage in a reflective exercise in the form of a social accountability workbook. This exposes learners to a variety of readings on trauma-informed care, harm reduction, social accountability (intersectionality and anti-oppression), and advocacy.
Course Content	The **PEACH Program – Palliative Education and Care for the Homeless** PEACH's focus lies on the pain, symptoms, and psycho-social goals related to every patient's life's end. PEACH operates as a "trailblazing" mobile unit, providing care on the streets, in shelters, and with community-based services in collaboration with Toronto Central CCAC (Community Care Access Centre).
Course Format	To learn more about how the PEACH project started, watch the **TEDx Talk** What's a Life Worth? by Dr. Naheed Dosani
Course Material	contact organization
Target/ Intended Audience	This approach uses an interprofessional team including physicians, medical students, residents nurses, social workers, home care coordinators, shelter staff and housing navigators to meet clients' complex and diverse needs.
Course Delivery Type & Duration	For more information refer to the contact section

Course Accreditation	contact organization
Fee/Associated costs	Referral-based program
Website Address	https://www.icha-toronto.ca/programs/peach-palliative-education-and-care-for-the-homeless
Contact Information	For more information on the PEACH program or to submit a **referral form**, email the PEACH Team's Health Navigator **cdycke@kensingtonhealth.org** or the PEACH Lead at **naheed.dosani@unityhealth.to**. **Administrative Office:** Inner City Health Associates 145 Front Street East, Unit G1 Toronto, ON M5A 1E3 **Tel: (416) 591-4411** **Fax: (416) 640-2072**
Additional Notes	N/A
Indigenous Specific	No

ADDITIONAL RESOURCES

Below include further examples of other equity-oriented palliative care teams across Canada. They include Indigenous and non-Indigenous specific but referrals are open to anyone experiencing a life-limiting illness requiring a palliative approach to care and faced with structural vulnerability.

The EQUIP Health Care Research Program/ Organization

NAME OF RESOURCE

The EQUIP Equity Action Kit (Action Kit)

CONTACT

Address: T201-2211 Wesbrook Mall
Vancouver, BC Canada V6T 2B5

Phone: 1 604 822 3183
Email: equip.healthcare@ubc.ca

DESCRIPTION

EQUIP Health Care research aims to support health and social services for equity. The EQUIP Equity Action Kit (Action Kit) is a collection of multi-dimensional tools and resources designed to guide organizations within health and service settings to apply equity-oriented care. Resources include the following: cultural safety, and anti-racism, (including an emphasis on anti-Indigenous racism), trauma- and violence-informed care, and substance use health, which includes taking a harm reduction approach and reducing substance use stigma.

WEBSITE/URL

https://equiphealthcare.ca/equity-action-kit/

George Spady Society

NAME OF PROGRAM

George's House Palliative Care Program

WEBSITE/URL

https://www.gspady.org/georges-house-1

CONTACT

For more information on the program application process contact:
Manager — George's House Team
Michelle Valiquette
Email: mvaliquette@gspady.ab.ca

DESCRIPTION

George's House is an assisted living five-bed palliative residential care home in Edmonton. This established program serves patients with a life-limiting illness (prognosis approx. less than 6 months) and who are affected by one of the following: unstable housing, living in poverty, history or active substance use disorder, AND/OR those that would benefit from a non-institutional setting for care. Goals of care M and C accepted. A specialized team of healthcare professionals and support workers provide 24-hour care in a safe home-like setting, along with the support of an interdisciplinary team (clinical, medical, spiritual, and cultural supports) during business hours. This team concentrates on easing the physical, emotional, and spiritual suffering that may accompany the end-of-life journey.

NAME OF PROGRAM

Applications can be made by individuals, family health care providers and palliative care specialists. See the attached documents for information about applying for George's House services and the application form.
George's House Application Information
George's House Application Form

Community Allied Mobile Palliative Partnership (CAMPP)

NAME OF PROGRAM

Community Allied Mobile Palliative Partnership (CAMPP) Program

CONTACT

for referrals or general information on the program and eligibility:
CAMPP is a sister program of Connect to Care (C2C), based out of Calgary both programs have an office at CUPS (www.cupscalgary.com)

Contact the CAMPP Team:
Phone: Monday-Friday 403-400-7454, after hours leave a message 403-400-7454

DESCRIPTION

CAMPP is an adaptive interfacing and outreach based service, to improve palliative end of life experiences for persons with a life-limiting/threatening illness who are experiencing structural vulnerabilities. The partnership strives to enhance health equity in palliative care.

WEBSITE/URL

http://www.campp.ca/

Equity in Palliative Approaches to Care Palliative Outreach Resource Team (PORT)

is a collaboration of the University of Victoria, Island Health, Victoria Cool Aid Society and Victoria Hospice Society that acts as a bridge between people with serious illness and their caregivers, palliative care, and other health and social support systems.

NAME OF PROGRAM

Palliative Outreach Resource Team (PORT)

CONTACT

for questions about the referral process/forms contact a PORT nurse

Phone: 250-580-3759
Email: PORT@islandhealth.ca

WEBSITE/URL

https://equiphealthcare.ca/equity-action-kit/

DESCRIPTION

PORT is a service to help people with life-limiting conditions and their caregivers who have difficulty accessing palliative care supports and services as a result of poverty, homelessness, stigma and discrimination in Victoria, BC.

Palliative Care Outreach and Advocacy Team (PCOAT)

in Edmonton is a team dedicated to serving populations experiencing socioeconomic inequities who require palliative care.

NAME OF PROGRAM

Improving access to palliative care for people experiencing socioeconomic inequities: findings from a community-based pilot research study.

AUTHOR(S)

Anna Santos Salas; Cara Bablitz; Heather Morris; Lisa Vaughn; Olga Bardales; Jennifer Easaw; Tracy Wildeman; Wendy Duggleby; Bukola Salami; Sharon M. Watanabe.

WEBSITE/URL

https://doaj.org/article/03bf5f0a198e49d0b1e2a6350beb870d

PHYSICIAN PROFILE

Dr. Cara Bablitz, is a Métis physician and part of the PCOAT team in Edmonton, who also practices at the Indigenous Wellness Clinic and is a clinical lecturer at the University of Alberta. In her role with the PCOAT team in Edmonton, Dr. Bablitz assists socially vulnerable Indigenous patients who are often denied access to timely palliative care and end-of-life services and is an advocate for Indigenous Health Policy to support Indigenous health.

DESCRIPTION

This community-based, qualitative research study combined critical and participatory research methodologies. The study was conducted in partnership with the Palliative Care Outreach Advocacy Team (PCOAT) based in Edmonton, Alberta. The result was a community-based nursing intervention to improve access to palliative care for people experiencing socioeconomic inequities and living with life-limiting illnesses in an urban Canadian setting.

CITATION

Santos Salas A, Bablitz C, Morris H, Vaughn L, Bardales O, Easaw J, Wildeman T, Duggleby W, Salami B, Watanabe SM. Improving access to palliative care for people experiencing socioeconomic inequities: findings from a community-based pilot research study. Health Promot Chronic Dis Prev Can. 2023;43(8):365-74. https://doi.org/10.24095/hpcdp.43.8.02

Reviewer organization, The Canadian Observatory on Homelessness (COH) on behalf of the Assembly of First Nations (AFN)

NAME OF REPORT

ENDAAMNAAN: HOMES FOR ALL NATIONS: A First Nations Homelessness Literature Review

CONTACT

Canadian Observatory on Homelessness
https://preventhomelessness.ca/
https://preventhomelessness.ca/contact/

Address: The Canadian Observatory on Homelessness
6th Floor Kaneff Tower, York University
4700 Keele St., Toronto, ON M3J 1P3

DESCRIPTION

This scoping literature review is an Assembly of First Nations (AFN) initiative to support a First Nations action plan through a systematic analysis of First Nations homelessness in Canada. The review, released in 2022 was guided by an Indigenous Advisory Circle with the overarching aim to better understand the various contexts and experiences of First Nations homelessness, influencing factors and innovative approaches or preventative strategies to address this issue.

AUTHOR

Jessica Rumboldt, The Canadian Observatory on Homelessness (COH)

WEBSITE/URL

The Canadian Observatory on Homelessness (COH) https://www.homelesshub.ca/
https://homelesshub.ca/sites/default/files/attachments/AFN-COH-Literature-Review-092122.pdf

CITATION

Rumboldt, J. (2022). Endaamnaan: Homes for All Nations. A First Nations Homelessness Literature Review. Toronto, ON: Canadian Observatory on Homelessness Press ISBN: 9781550146844

Dilico Anishinabek Family Care carried out the Innovative Models of Community Palliative Care for Vulnerable and Underserved Populations Project Report.

Funding provided by the North West Local Health Integration Network (LHIN)

NAME OF REPORT

Palliative Care for Vulnerable and Underserved Populations: Needs Assessment Report, 2018

CONTACT

Canadian Observatory on Homelessness
https://preventhomelessness.ca/
https://preventhomelessness.ca/contact/

Address: The Canadian Observatory on Homelessness
6th Floor Kaneff Tower, York University
4700 Keele St., Toronto, ON M3J 1P3

DESCRIPTION

The purpose of this report was to explore current practices and best approaches for delivering palliative and end-of-life care services to people who are vulnerable and live homeless in Northwestern Ontario. The report also highlighted barriers and gaps that significantly impact palliative care identification and access to high quality end-of-life care for those who are homeless or vulnerable. A comprehensive community needs assessment was conducted to better understand the current services and needs of palliative care for vulnerable and underserved populations in the NW LHIN.

AUTHOR

Dilico Anishinabek Family Care Project Team

WEBSITE/URL

https://www.dilico.com/wp-content/uploads/2021/04/PalliativeCareReport-2018.pdf

CITATION

Rumboldt, J. (2022). Endaamnaan: Homes for All Nations. A First Nations Homelessness Literature Review. Toronto, ON: Canadian Observatory on Homelessness Press ISBN: 9781550146844

This overview was completed by the McMaster University Health Forum with support from Healthcare Excellence Canada, independent not-for-profit charity.

NAME OF REPORT

Rapid Evidence Profile: Providing Palliative Care for People Experiencing or at Risk of Homelessness, published in 2022.

CONTACT

Email: Forum@mcmaster.ca

AUTHOR

McMaster University Health Forum

WEBSITE/URL

https://www.healthcareexcellence.ca/en/what-we-do/all-programs/improving-equity-in-access-to-palliative-care/

DESCRIPTION

The Rapid Evidence Profile: What do we know from evidence and experiences from other jurisdictions about providing palliative care for those who are experiencing or at risk of homelessness? provides an overview of evidence and experiences providing palliative care for people experiencing or at risk of homelessness. It includes experiences from provinces and territories in Canada, and other countries including Australia, Finland, New Zealand, Sweden, the United Kingdom and the United States. This resource intends to inform and guide program development related to providing palliative care for people experiencing or at risk of homelessness. Included in the jurisdictional scan are examples of palliative care models across Canada which provide insight into these experiences, one such model is PEACH.

Healthcare Excellence Canada and the Canadian Partnership Against Cancer

is supporting up to 20 communities over four years to improve care experiences, access to care and health outcomes.

NAME OF PROGRAM

Improving Equity in Access to Palliative Care

CONTACT

Address: Healthcare Excellence Canada | 150 Kent Street, Suite 200
Ottawa, Ontario, K1P 0E4 Canada
Email
General Enquiries: info@hec-esc.ca
Phone Toll-Free: 1-866-421-6933
Local (Ottawa): 613-728-2238.

DESCRIPTION

The Improving Equity in Access to Palliative Care program brings together diverse perspectives and experiences, including people with lived and living experiences. The program aims to help communities make measurable improvements in access to palliative care with and for people experiencing homelessness or vulnerable housing.

WEBSITE/URL

For more information visit the following links
https://www.healthcareexcellence.ca/en/what-we-do/all-programs/improving-equity-in-access-to-palliative-care/Healthcare Excellence Canada /
https://www.healthcareexcellence.ca/en/Resources

Egale Canada, this research was funded by the Slaight Family Foundation

Egale is Canada's national 2SLGBTQI organization. Egale works to improve the lives of 2SLGBTQI people in Canada by informing public policy, inspiring cultural change, and promoting human rights and inclusion through research, education, awareness, and legal advocacy.

NAME OF REPORT

Aging and Living Well Among LGBTQI Older Adults in Canada: Findings from a National Study

CONTACT

For further questions on this project:
Address:
120 Carlton Street
Suite 217
Toronto ON
M5A 4K2
Phone:
Email: research@egale.ca.

AUTHOR(S)

Dr. Celeste Pang, Egale Canada, Mount Royal University, Ellie Maclennan, Egale Canada

DESCRIPTION

Egale's research report, explores questions to help us better understand the major issues facing LGBTQI older adults. These include employment, housing, social connection and disconnection, healthcare access, and death and end-of-life well-being. Concerning death, dying, and end-of-life care, participants shared their experiences, fears, and wishes at end-of-life. Future research recommendations include the exploration of palliative care experiences and long-term care and the significance of the concepts and ideas surrounding 'home' and 'place' in location and preparation for end-of-life.

WEBSITE/URL

https://egale.ca/awareness/alw/ Egale's research report, Aging and Living Well Among LGBTQI Older Adults in Canada,

CITATION

Egale Canada (2023). Aging and Living Well Among LGBTQI Older Adults in Canada: Findings from a National Study. Retrieved from https://egale.ca/awareness/alw/
ISBN: 978-1-7389331-1-2 © Egale Canada 2023

National Association of Friendship Centres (NAFC)

NAME OF PROGRAM

Various Programs relevant to Health (Palliative and End-of-Life Care), Housing and Homelessness, etc.

CONTACT

for more information
Address: NAFC Head Office
275 MacLaren Street, Ottawa (ON),
Canada K2P 0L9

Email: NAFCgen@nafc.ca
Phone: 613-563-4844
Toll-Free (Canada): 877-563-4844
Fax: 613-594-3428

DESCRIPTION

Friendship Centres consist of a national network of Indigenous-owned and operated community hubs that have helped Indigenous people living in urban, rural, and remote settings to access vital culturally appropriate services they need to succeed in urban settings across Canada. For many Indigenous people, Friendship Centres are the first point of contact to access culturally-based socio-economic programs and services which include, culture, shelter, education, employment, other support (food, transportation), and Indigenous health navigation.

Friendship Centres and Provincial/Territorial Associations (PTAs) understand the challenges facing urban Indigenous communities and their unique wrap-around service delivery model ensures they are well-equipped to tackle these challenges. For many urban Indigenous people, Friendship Centres are a crucial lifeline.

WEBSITE/URL

https://nafc.ca/about-the-nafc/our-history?lang=en

TWO-SPIRIT & INDIGENOUS LGBTQQIA+ AND GENDER DIVERSE PEOPLE (2SLGBTQQIA+) INFORMED PALLIATIVE AND END-OF-LIFE CARE

Aging individuals living with serious life-limiting illnesses who identify as Two-Spirit and LGBTQ+ (2SLGBTQ+) would benefit greatly from palliative and end-of-life care and services that are respectful, inclusive, culturally safe and free from discrimination and systemic racism in health care. However, the following examples will illustrate that in reality their experiences with healthcare are often met with challenges and barriers that can occur in diverse settings such as long-term-care homes. The following resources and information can serve as a compass to assist healthcare providers in considering/building cultural safety, diversity and inclusion into their practice.

***REFERS TO 2SLGBTQQIA+ REFERS TO TWO-SPIRIT, LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUEER, QUESTIONING, INTERSEX, ASEXUAL AND OTHER SEXUALLY AND GENDER DIVERSE PEOPLE.*

TWO-SPIRIT AND LGBTQ+ (2SLGBTQ+) IN ALL SETTINGS AND LONG-TERM CARE

Name of Organization	Canadian Virtual Hospice
About Us	The Canadian Virtual Hospice provides support and personalized information about advanced illness, palliative care, loss and grief, to people living with illness, family members, people working in healthcare, educators, and researchers. The Canadian Virtual Hospice is a division of the International Centre for Dignity and Palliative Care Inc., a registered charity.
Title of Resources & descriptor	**Proud, Prepared, and Protected** This collection of online resources assists: • people who identify as 2SLGBTQ+ to access and receive inclusive, respectful care; • chosen and bio family and other allies to understand challenges and support access to inclusive, respectful care, and; • people working in health to understand and deliver inclusive, respectful care. These materials were developed by people who identify as Two-Spirit and LGBTQ+, more than 40 2SLGBTQ+ organizations, and Canadian Virtual Hospice to fill a national gap. They are available in English and French at www.VirtualHospice.ca/2SLGBTQ.
Course/ Resource Content	**Booklets**: • 2SLGBTQ+ Canadian Health Care Bill of Rights • My Choices for Safe and Inclusive Healthcare • Planning for My Care **Articles**: • Finding 2SLGBTQ+ care • Managing difficult situations • How to be an ally • How to provide safe and inclusive care to Two-Spirit and LGBTQ+ people • More **Infographics:** • 2SLGBTQ+ Canadian Health Care Bill of Rights • Wallet card of Canadian Healthcare Bill of Rights

	Videos: • 280+ video clips (members of 2SLGBTQ+ communities and health specialists share their experiences and perspective) Webinars to support professionals in providing safe and inclusive care. **Learning modules:** • Grief in 2SLGBTQ+ communities
Course/ Resource Material	Same as above
Target/ Intended Audience	2SLGBTQ+ individuals, allies, people working in health care.
Fee/Associated costs	Free
Link/Website Address	www.VirtualHospice.ca/2SLGBTQ.
Contact Information	info@virtualhospice.ca
Additional Notes	
Indigenous Specific	No

CANADIAN VIRTUAL HOSPICE RESEARCH

Canadian Virtual Hospice

NAME OF RESOURCE

Literature Review & Environmental Scan of The 2SLGBTQ+ Population and Palliative and End of Life Care (2019)

WEBSITE/URL

https://www.virtualhospice.ca/2SLGBTQ/media/53io5bc2/2slgbtq-knowledge-synthesis.pdf?fbclid=IwAR1O33ei8IyVZdWlb9LnYcX7CqknoqHog-yO7Ph-B-_Pv-aV3khgXZn_PaQ

DESCRIPTION

The aim of the 2019 report entitled: Literature Review & Environmental Scan of the 2SLGBTQ+ Population and Palliative Care and End of Life Care aim to identify the information and support needs of caregivers 2SLGBTQ+ communities. One key result of this review was the need for improved healthcare provider education and training to improve care experiences and outcomes for 2SLGBTQ+ patients and caregivers. Further research is recommended.

Hospice Palliative Care Ontario (HPCO)

NAME OF RESOURCE

Literature Review & Environmental Scan of The 2SLGBTQ+ Population and Palliative and End of Life Care (2019)

CONTACT

Hospice Palliative Care Ontario
2 Carlton Street, Suite 1718
Toronto, Ontario, Canada M5B 1J3
Phone: 416-304-1477
Toll Free: 1-800-349-3111
Email: info@hpco.ca

DESCRIPTION

2SLGBTQ: Palliative Care Needs - This resource from the Hospice Palliative Care Ontario provides information on the palliative care needs of 2SLGBTQ individuals. It highlights the influence of gender identity and sexuality on end-of-life care and stresses the importance and need for creating an inclusive palliative care environment where patients are respected and free of discrimination.1,2

CITATIONS

Wilson, K., Kortes-Miller, K., & Stinchcombe, A. (2018). Staying out of the closet: LGBT older adults' hopes and fears in considering end-of-life. Canadian Journal on Aging/La Revue canadienne du vieillissement, 37(1), 22-31. Retrieved from: doi:10.1017/S0714980817000514

De Vries, B., Gutman, G., Humble, A., Gahagan, J., Chamberland, L., Aubert, P., ... & Mock, S. (2019). End-of-life preparations among LGBT older Canadian adults: The missing conversations. The International Journal of Aging and Human Development, 88(4), 358-379. https://doi.org/10.1177/0091415019836738

Source: https://www.hpco.ca/2slgbtq-palliative-care-needs-2/

WEBSITE URL

https://www.hpco.ca/2slgbtq-palliative-care-needs-2/

Rainbow Health Ontario (RHO)

CONTACT

Rainbow Health Ontario Sherbourne
Health | 333 Sherbourne Street
Toronto, Ontario M5A 2S5

Email:info@rainbowhealthontario.ca
Phone: 416-324-4100

DESCRIPTION

2SLGBTQ communities face specific health challenges and barriers to accessing care, Rainbow Health Ontario offers training for healthcare and social service providers to increase their clinical and cultural competence in caring for their 2SLGBTQ service users.
RHO launched a new online platform, 2SLGBTQ Health Connect, that includes easily accessible training from anywhere across the province.
Visit learn.rainbowhealthontario.ca to register for your learning account and access on-demand and scheduled courses. You will get a certificate of completion for each course that you finish.

WEBSITE URL

For further information on two-spirit and LGBTQ, Indigenous Health, existing data, research, and barriers to culturally safe health care visit Rainbow Health Ontario.
https://www.rainbowhealthontario.ca/resource-library/two-spirit-and-lgbtq-indigenous-health/

Extensive resource library, education and training
https://www.rainbowhealthontario.ca/education-training/

End of Life Doula Association of Canada

CONTACT

If you would like to contact the Board of Directors, reach out to theboard@endoflifedoulaassociation.org

Email:
INFO@ENDOFLIFEDOULAASSOCIATION.ORG

DESCRIPTION

The End of Life Doula Association of Canada offers an approach that is holistic, individual, and person-centered quality care. See section two for more detailed information.

However, on the End of Life Doula Association of Canada website you will find a compilation of 2SLGBTQ+ end-of-life and death care resources from other contributors and organizations.

WEBSITE URL

https://endoflifedoulaassociation.org/2slgbtq-resources/

MEDICAL ASSISTANCE IN DYING (MAID)

Medical assistance in dying (MAiD) is a process that allows someone who is found eligible to be able to receive assistance from a medical practitioner in ending their life. The federal Criminal Code of Canada permits this to take place only under very specific circumstances and rules. Anyone requesting this service must meet specific eligibility criteria to receive medical assistance in dying. Any medical practitioner who administers an assisted death to someone must satisfy certain safeguards first. Only medical practitioners are permitted to conduct assessments and to provide medical assistance in dying. This can be a physician or a nurse practitioner, where provinces and territories allow.

Source: https://www.canada.ca/en/health-canada/services/health-services-benefits/medical-assistance-dying.html

After a five-year parliamentary review- the Special Joint Committee completed its final report and recommendations on Feb 15, 2023. Two recommendations highlight the need for indigenous-led –led engagement activities to help inform an approach to the federal MAiD policy that respects the views and perspectives of First Nations, Inuit, and Metis.

Recommendation #3**:** states that every six months, Health Canada provides updates to the House of Commons Standing Committee on Indigenous and Northern Affairs and the Standing Senate Committee on Indigenous Peoples on its engagement with First Nations, Inuit & Metis on the subject of MAiD.

Recommendation #4: states that the Government of Canada works with First Nations, Inuit and Metis partners, relevant organizations such as the Canadian Association of MAID Assessors and Providers (CAMAP), regulatory authorities, and health professional associations to increase awareness of the importance of engaging Indigenous peoples on MAID policy.

In August 2023, the Health Canada Indigenous End-of-Life Policy team launched an online platform open to any person self-identifying as Indigenous in Canada, to gather the views and perspectives of Indigenous Peoples on medical assistance in dying (MAiD). This includes polls, a story-sharing space, questionnaires, and surveys in addition to a broader engagement process to support Indigenous-led –led engagement which will be underway until 2024.This will involve community engagement and knowledge exchange roundtables.

For information on *Engagement on Indigenous Perspectives in Medical Assistance in Dying,* the recent briefing on timelines, events and format, visit Health Canada:

https://www.canada.ca/en/health-canada/programs/engagement-indigenous-perspectives-medical-assistance-dying.html

For information on medical assistance in dying in Canada: overview of what medical assistance in dying is, who is eligible, how to make a request, the process, and who can provide medical assistance in dying, visit Health Canada:

https://www.canada.ca/en/health-canada/services/health-services-benefits/medical-assistance-dying.html

The purpose of this document is to help individuals understand MAiD and navigate the processes involved. Due to possible changes to legislation or processes, and to receive the most up-to-date information visit the Government of Canada website and contact your local MAiD office in your province or territory.

This section does not specifically address medical assistance in dying (MAiD), nor is it from an advocacy lens, but is meant to identify education, training, and legislative information relative to the topic. Individuals who choose MAiD may also receive high-quality palliative care, regardless of the individual's choice to explore MAiD as an option. It is assumed that healthcare professionals should manage all requests for MAiD following the expectations set out by their regulatory colleges. It is recommended that healthcare professionals refer to their regulatory colleges for more information and guidance on MAiD.

Source: MAiD information for healthcare providers https://www.virtualhospice.ca/maid/

The following examples provide general information on MAiD and clinical practice.

Name of Organization	Canadian Nurses Protective Society (CNPS)
About Us	The Canadian Nurses Protective Society provides legal advice, risk management services, legal assistance, and professional liability protection related to nursing practice to over 140,000 eligible Canadian nurses across all Canadian provinces and territories. A non-profit legal support system created by nurses for nurses, the CNPS is specifically tailored to meet the professional liability needs of nurses in all professional nursing roles.
Title of Resource	Medical Assistance in Dying (MAiD) Briefing Resource https://cnps.ca/article/medical-assistance-in-dying-what-every-nurse-should-know/ **Note this information pertains to nurses only.

Course Content	For NPs https://cnps.ca/article/medical-assistance-in-dying-what-every-nurse-should-know/#np For RNs (**all non-NP classes of nursing registration)** https://cnps.ca/article/medical-assistance-in-dying-what-every-nurse-should-know/#rn
Target/ Intended Audience	The following groups are eligible for CNPS services and information: nurses from all professional designations (NPs, RNs, LPNs and RPNs) in Canada may become CNPS beneficiaries, either as an individual beneficiary or as a benefit of membership in a CNPS member organization or affiliated organization. To verify your eligibility status, please visit our Am I eligible? page.
Fee/Associated costs	Costs associated with CNPS membership https://cnps.ca/
Link/Website Address	https://cnps.ca/article/medical-assistance-in-dying-what-every-nurse-should-know/
Contact Information	Contact for confidential information https://cnps.ca/ Toll Free:1-800-267-3390 * If you have more questions that are not addressed in this briefing, please send them to us at *info@cnps.ca*.
Additional Notes	This publication is for information purposes only. Nothing in this publication should be construed as legal advice from any lawyer, contributor or the CNPS. Readers should consult legal counsel for specific advice. For more information on MAiD visit https://www.canada.ca/en/health-canada/services/health-services-benefits/medical-assistance-dying.html
Indigenous Specific	Medical Assistance in Dying (MAiD) Indigenous Community Engagement. For more information visit https://www.canada.ca/en/health-canada/programs/engagement-indigenous-perspectives-medical-assistance-dying.html

Name of Organization	Canadian Virtual Hospice
About Us	The Canadian Virtual Hospice provides support and personalized information about advanced illness, palliative care, loss and grief, to people living with illness, family members, people working in healthcare, educators, and researchers. The Canadian Virtual Hospice is a division of the International Centre for Dignity and Palliative Care Inc., a registered charity.
Title of Resources and descriptor	VirtualHospice.ca/MAiD Find answers to common questions, information about MAiD processes, and about its emotional impacts, and other tools and resources to support individuals, families, children, and people working in healthcare. These online resources are available in English and French at www.VirtualHospice.ca/MAiD. This resource was developed by the National Working Group on MAiD and Canadian Virtual Hospice.
Course/ Resource Content	**Booklets**: • Understanding MAiD for individuals and families • Understanding MAiD for healthcare providers • MAiD Activity Book (for children when someone in their life is accessing MAiD) **Articles**: • What is MAiD? • Telling family and friends • Talking to children and youth about MAiD • More **Infographics:** • 10 Myths About MAiD • Q&A About MAiD Videos (families and specialists share their experiences and perspective) **Learning modules:** • Grief and MAiD Provincial listing of programs and services
Course/ Resource Material	Same as above

Target/ Intended Audience	Individuals, families, parents, children, youth, people working in health care.
Fee/Associated costs	Free
Link/Website Address	www.VirtualHospice.ca/MAiD
Contact Information	**info@virtualhospice.ca**
Additional Notes **MAiD & Grief and Bereavement**	**Additional grief resources that may be useful include:** • MyGrief.ca • KidsGrief.ca • YouthGrief.ca • CVHLearningHub.ca – grief-related training for people working in healthcare
Indigenous Specific	No

Name of Organization	Canadian Association of MAID Assessors and Providers (CAMAP)
About Us	The Canadian Association of MAiD Assessors and Providers (MAiD is Medical Assistance in Dying) is an organization of clinicians who provide MAiD services including assessment for eligibility and the provision of MAiD itself. Clinicians include nurse practitioners and physicians (family physicians, hospitalists, internists, anesthetists, and neurologists). Others include social workers, nurses, care coordinators, pharmacists, nurses, lawyers, researchers, administrators, and pastoral care. CAMAP aims to support those who work in this field of healthcare (MAID) by providing guidance and education on the delivery of MAiD. Specifically through best practice documents, educational events, and active communities of practice (CoP) and developing and delivering MAiD training workshops and mentorship.

Title of Course / Resource	The Canadian MAiD Curriculum (CMC) is the first nationally accredited, comprehensive, bilingual educational program to support the practice of MAiD in Canada. The training is delivered through online and in-person formats. The curriculum offers a comprehensive total of 81 credits for the CFPC, and 27 hours of self-assessment for the RCPSC. There are 13 online self-study hours and 14 hours for facilitated sessions. The curriculum is free for clinicians (licensed physicians and nurse practitioners) until March 2026. Health Canada is funding clinician learners to take the curriculum in the first two years, and all topics in this curriculum are accredited by the Royal College of Physicians and Surgeons of Canada (RCPSC), the College of Family Physicians of Canada (CFPC).
Course Content	In August 2023, CAMAP launched the Canadian MAiD Curriculum (CMC), the first comprehensive, nationally accredited, evidence-based educational program to support the practice of MAiD in Canada. This modular course aims to educate new MAiD practitioners, advance the skills of existing MAiD practitioners, and help standardize the approach to care by supporting those who deliver MAiD care from across Canada The CMC is structured around <u>eight topic areas:</u> 1. Foundations of MAiD in Canada 2. Clinical Conversations that Include MAiD 3. How to do a MAiD assessment 4. Assessing Capacity and Vulnerability 5. Providing MAiD 6. Navigating Complex Cases with Confidence 7. MAiD & Mental Disorders 8. Reflection and Resilience These topics are delivered through a combination of online self-learning modules and facilitated case-based discussion sessions. Learners will be given access to a variety of tools, references, resources and case studies.
Course Format	Online self-learning modules and facilitated case-based discussion sessions. Learners will be given access to a variety of tools, references, resources, and case studies. CMC eight topic areas for MAID are identified above.

Target/ Intended Audience	Clinicians as well as public information and resources
Course Delivery Type & Duration	Self-paced, online, in person Upcoming calendar of events found on their website
Course Accreditation	Fully accredited
Fee/Associated costs	Cost applies and membership required
Link/Website Address	https://camapcanada.ca/about/ https://camapcanada.ca/for-the-public/ https://camapcanada.ca/curriculum/curriculum-overview/
Contact Information	Contact directly on the website or make inquiries to info@camapcanada.ca
Additional Notes	Member registration required to access clinical education and training
Indigenous Specific	Not identified

Other resources:
Canadian Medical Protective Association (CMPA)

Website/URL:
https://www.cmpa-acpm.ca/en/searchq=medical+assistance+in+dying&x=0&y=0

Dying with Dignity Canada (DWDC)

CONTACT
1-800-495-6156

WEBSITE URL
http://www.dyingwithdignity.ca/

DESCRIPTION
A National human rights charity committed to improving the quality of dying, protecting end-of –life rights and helping people in Canada avoid unwanted suffering. Provide advocacy, support, and education. Education and resources include booklets, local directories, MAiD forms, and Webinars.

Canadian Palliative Care Nurses Association

NAME OF RESOURCE/TOOLKIT

MAiD Toolkit

CONTACT

For more information, contact cpcnainfo@gmail.com

DESCRIPTION

The Canadian Palliative Care Nursing Association (CPCNA), represents nurses from across Canada who integrate or specialize in providing palliative care for people with serious illness and their families. This resource relates to clinical practice.

WEBSITE URL

https://www.cpcna.ca/ Public access but registration and login may be required for other resources, webinars, and presentations 2023 MAiD in Canada, Today's Laws and changes ahead View the slide deck here in PDF form HOME | MAiD Toolkit, MAID is an option at end of life that has important implications for nursing practice. The goal of this toolkit is to help you reflect on your nursing practice. View the toolkit here

INDIGENOUS DEMENTIA AND THE PALLIATIVE APPROACH TO CARE

The following research and subsequent resources were developed due to an increased need to better understand the experiences of age-related dementia among Indigenous peoples and its impact on Indigenous communities in Canada. In particular, organizations and communities want to know the best way to integrate and adopt a palliative approach to dementia care across all settings, especially in long-term care and community homes. This led to the creation of Indigenous-led culturally appropriate and safe dementia-related strategies, tools, research, and education relevant to health and social care workers. These resources are intended to help improve dementia care and the quality of palliative and end-of life care.

A position statement by Kaasalainen et al(2021), cited recommendations for palliative and end-of-life care of individuals with dementia which included: implementing a palliative approach to dementia care early in the illness trajectory, resident engagement in advance care planning, family member involvement and support for end-of-life planning and decision making; wholistic approach to care that facilitates effective pain and symptom management and enables psychosocial, spiritual needs be met; and grief and bereavement aftercare for all involved in the provision of resident care and support.
Kaasalainen,S., McCleary, L, Vellani, S.,& Pereira. J., citation:2021Can Geriatr J. 2021 Sep; 24(3): 164–169. PMCID{PMC8309320,PMID: 34484498 Published online 2021 Sep 1. doi: 10.5770/cgj.24.493

Visit the links below which outline Indigenous cultural understandings, research, and practice tools for Alzheimer’s and related dementias.

Indigenous Dementia	
Name of Organization	**The Indigenous Cognition & Aging Awareness Research Exchange (I-CAARE)**
About Us	I-CAARE.ca is the Memory Keepers Medical Discovery Team (MK-MDT) “sister” website in Canada. The site highlights several years of research partnerships and showcases the results of the Ontario research in the form of fact sheets, tools, guidebooks and other resources.
Topic or Title of Resource	The PIECES of my Relationships Guidebook and the Quick Guide provide tips for communicating with Indigenous older adults. These are found under the practice tools - https://www.i-caare.ca/practicetools.
Course/ Resource Content	The team at I-CAARE has been developing culturally safe practice dementia tools in partnership with North East Behavioural Supports Ontario (NEBSO). These tools can be adapted as necessary to support Indigenous communities. To learn more about the development of these practice tools, explore Guidelines to PIECES of my Relationships and A Quick Guide to... Approach.
Course Format	Resources: Infographics, videos, articles, reports, fact sheets, presentations, practice tools, COVID-19 fact sheets, newsletters, and fact sheets are free to download, copy, distribute, and adapt with permission. Email kjacklin@d.umn.edu
Course Material	Infographics, forms, templates, fact sheets, guidebooks
Target/ Intended Audience	Anyone working and living in Indigenous communities
Course Delivery Type & Duration	N/A
Course Accreditation	N/A

Fee/Associated costs	Free- copyright
Link/Website Address	**Indigenous Cognition and Aging Awareness Exchange.** This website includes dementia factsheets and information about the Canadian Indigenous Cognitive Assessment tool. https://www.i-caare.ca/ https://www.i-caare.ca/factsheets Home Alzheimer's Society, Sudbury-Manitoulin North Bay District https://alzheimer.ca/en/sudburymanitoulin **Other Partner Organizations:** Alzheimer Society of Canada, Canadian National site Website: https://alzheimer.ca/en Dementia information for Indigenous Peoples: First Nations Inuit and Metis https://alzheimer.ca/en/about-dementia/indigenous-peoples-and-dementia
Contact Information	Click the contact link on the main webpage to insert your information and message. The Indigenous Cognition & Aging Awareness Research Exchange (I-CAARE) is jointly managed by Dr. Jennifer Walker, McMaster University, and Dr. Kristen Jacklin, University of Minnesota Medical School. Dr. Kristen Jacklin email at: **kjacklin@d.umn.edu**
Additional Notes	**Research** **The International Indigenous Dementia Research Network (IIDRN)** highlights the profiles of researchers, students, Indigenous community members, and policy makers globally who share a commitment to research concerning Alzheimer's disease, dementia and healthy aging in Indigenous peoples. **Learn more here: https://memorykeepersmdt.com/international-indigenous-dementia-research-network-iidrn/**
Indigenous Specific Courses	yes

OTHER/ADDITIONAL PARTNER ORGANIZATIONS

Alzheimer Society of Canada, Canadian National site

NAME OF RESOURCE

Dementia information for Indigenous Peoples: First Nations Inuit and Metis
https://alzheimer.ca/en/about-dementia/indigenous-peoples-and-dementia
Indigenous dementia care tools and resources

DESCRIPTION

This page includes a list of publicly available Indigenous dementia care tools and resources. In addition, posting includes an invitation to share news stories that reflect experiences, perspectives, and voices from different Indigenous communities.

INDIGENOUS DEMENTIA TOOLS AND RESOURCES: LIST DIRECTLY FROM THE WEBSITE/SOURCE:

https://alzheimer.ca/en/about-dementia/indigenous-peoples-and-dementia

Anishinnabek Dementia Care. This website helps Anishinaabek communities seeking local and culturally relevant information about dementia.
anishinaabekdementiacare.ca

The Four Sacred Medicines. This pamphlet from Anishnawbe Health Toronto provides information on the four sacred medicines: tobacco, sage, cedar, and sweetgrass, including what each medicine may be used for, and how to take care of the medicines. This pamphlet has been identified as a resource that supports Indigenous culture in long-term care by the Ontario Caring Advisory Circle.
clri-ltc.ca/resource/the-four-sacred-medicines

The Indigenous Cognitive Health Program. This page provides information about an initiative within the Canadian Consortium on Neurodegeneration in Aging. This initiative aims to build capacity for healthy, respectful, dementia research partnerships between Indigenous communities and/or organizations and researchers.
ccna-ccnv.ca/indigenous-cognitive-health

Dementia Case-Finding Tool for Indigenous People in Canada. This video on the Laurentian University YouTube channel describes how a multidisciplinary team collaborated to validate the Canadian Indigenous Cognitive Assessment (CICA).
https://youtu.be/RMV5_JnqDd4

Supporting Indigenous Culture in Ontario’s Long-Term Care Homes: Needs Assessment. Ontario’s Indigenous people have unique cultural requirements that must be supported by health care, including long-term care. This report summarizes the findings from a needs assessment to explore strategies to better support Ontario’s Indigenous people in long-term care homes.
clri-ltc.ca/resource/supporting-indigenous-culture-in-ontarios-long-term-care-homes-needs-assessment/

Alzheimer’s Disease and Related Dementias in Indigenous Populations in Canada: Prevalence and Risk Factors. This paper is produced by the National Collaborating Centre for Aboriginal Health. It summarizes what is known about the prevalence of dementias, the challenges associated with diagnosing dementias, and the risk factors associated with the development of dementias in Indigenous populations.
clri-ltc.ca/resource/alzheimers-disease-and-related-dementias-in-indigenous-populations-in-canada-prevalence-and-risk-factors/

An Inuit-focused home for Elders with dementia and Alzheimer's. In this video on Livingmyculture.ca, an initiative of Canadian Virtual Hospice, Piita Irniq talks about how he brought Inuit culture and food to a southern facility caring for Inuit Elders with dementia.
livingmyculture.ca/culture/inuit/an-inuit-focused-home-for-elders-with-dementia-and-alzheimers/

Overcoming barriers to culturally safe and appropriate dementia care services and supports for Indigenous peoples in Canada. This paper created by the National Collaborating Centre for Indigenous Health aims to identify the challenges and burdens Indigenous people in Canada face in accessing culturally safe and appropriate dementia care services and supports and suggests ways of overcoming these challenges.
Link: nccih.ca/docs/emerging/RPT-Culturally-Safe-Dementia-Care-Halseth-EN.pdf

WEBSITE/URL

https://alzheimer.ca/en
There are Alzheimer Societies in each Canadian province. See the above link

CONTACT

Alzheimer Society of Canada
20 Eglinton Avenue West, 16th Floor Toronto, Ontario M4R 1K8
General Intake Coordinator line
Phone: 416-488-8772
Toll-free: 1-800-616-8816
Email: info@alzheimer.ca

Dementia Friendly Canada

https://alzheimer.ca/en/take-action/become-dementia-friendly/dementia-friendly-canada

CONTACT

Phone: 1-800-616-8816
Email: https://alzheimer.ca/en/contact-us

GENERAL INFORMATION

The Importance of Palliative Care for People Living with Dementia.
https://alzheimer.ca/en/whats-happening/news/importance-palliative-care-people-living-dementia

Dementia and MAiD in Canada
https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/end-life-care/medical-assistance-dying

End of Life Dementia Care
https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/end-life-care

Native Womens Association of Canada (NWAC)

DESCRIPTION

The National Indigenous Organization represents the political voice of Indigenous women, girls, Two-Spirit, transgender and gender-diverse people in Canada, inclusive of First Nations on and off reserve, status and non-status, disenfranchised, Métis and Inuit.. The NWAC has produced several resources grounded in Indigenous methodologies and ways of knowing

Aging and Dementia. This page on the NWAC's website outlines a few different projects that the association has been working on concerning dementia. This page includes a link for downloading a toolkit on caring for yourself and a loved one while living with dementia. nwac.ca/policy/aging-and-dementia

***Two specific programs found on this website include:

1. Programs for Indigenous women, girls, and gender-diverse caregivers for people living with dementia is called Supporting a Circle of Care: A Culturally-Informed Support Group and Toolkit for Indigenous Caregivers of People Living with Dementia. This program is designed to clarify needs, knowledge, attitudes, and behaviours surrounding dementia while raising awareness in the Indigenous population. Funded by the Public Health Agency of Canada (PHAC), it currently operates in four rural, remote Indigenous communities. We use a strengths-based, community, and person-centred approach to help caregivers improve their mental, emotional, and spiritual well-being. Through the support group and the culturally safe toolkit, participants develop skills to improve their ability to care for their aging loved ones. They also learn the importance of self-care. Communities can refine and expand the support group and toolkit to meet their specific needs.
2. The program, also funded by PHAC, is called Stigma: An Exploration of Lived Experiences, Understanding, Behaviours of Dementia within Indigenous Communities. There are two phases to this program: capacity-building, and raising awareness. We are using a distinctions-based approach to build an understanding of the needs, experiences, knowledge, attitudes, and behaviours of Indigenous communities around stigma. We will then leverage existing strengths and resources to establish strength-based, distinction-based, community-led, culturally relevant resources designed to combat stigma and encourage dementia inclusiveness.

RESOURCES

Dementia Stigma Toolkit: addressing Dementia Related Stigma with Indigenous Specific Strategies (2022)
https://nwac.ca/assets-knowledge-centre/NWAC.Eng.Bk.Dementia.Stigma.pdf

WEBSITE/URL

https://www.nwac.ca/

CONTACT

General Inquiries
Phone: 613-722-3033
Toll-free: 1-800-461-4043
Email: reception@nwac.ca

National Collaborating Centre for Indigenous Health (NCCIH)

CONTACT

Address: 3333 University Way. Prince George, BC V2N 4Z9
Phone: 250-960-5252
Email: nccih@unbc.ca
Website: https://www.nccih.ca/en/

DESCRIPTION

The National Collaborating Centre for Indigenous Health (NCCIH) is a national Indigenous organization established by the Government of Canada and funded through the Public Health Agency of Canada (PHAC) to support First Nations, Inuit, and Métis public health renewal and health equity through knowledge translation and exchange. The NCCIH is hosted by the University of Northern BC (UNBC) in Prince George, BC.

NAME OF RESEARCH PAPER

Alzheimer’s Disease and related dementias in Indigenous populations: Knowledge, needs, and gaps

DESCRIPTION

This paper summarizes the knowledge, needs, and gaps for healthcare providers to better understand the experiences of individuals living with dementia in Indigenous communities in Canada. It discusses considerations for developing culturally appropriate dementia resources in Indigenous communities and provides a list of existing dementia education, training tools, and resources. This information is not only beneficial to health and social care providers but relevant to educators, researchers, policymakers, and program developers.

CITATION

Halseth, R. (2022). Alzheimer’s Disease and related dementias in Indigenous populations: Knowledge, needs, and gaps. National Collaborating Centre for Indigenous Health.

WEBSITE/URL

This publication is available for download at: nccih.ca. https://www.nccih.ca/Publications/Lists/Publications/Attachments/10385/Alzheimers-Disease-and-Related%20Dementias-in-Indigenous-Populations_Web_2022-08-11.pdf

TRAINING:

Yukon University

NAME OF RESOURCE

Shine a Light on Dementia JUST CE100

CONTACT

Phone: Toll-Free: 1 800 661 0504
Email: https://www.yukonu.ca/contact
Website:
https://www.yukonu.ca/programs/courses/just-ce100

DESCRIPTION

Shine a Light on Dementia is a free 6 session (2 hrs each session) training offered in the Yukon. The intent is to improve the knowledge and skills of caregivers to provide quality care for people with dementia. A variety of topics include dementia onset, development, and progression of dementia; approaches and strategies for caregivers; grief management and self-care for caregivers; legal and financial matters; and palliative care. Information about accessing the program can be found at

SECTION VII.

Coordinated Partnerships with Indigenous Healthcare Organizations

Establishing partnerships with Indigenous healthcare organizations has the potential to enhance the delivery of high quality culturally safe and wholistic palliative care services. Indigenous-led healthcare organizations have specialized knowledge and expertise in providing community-based and culturally tailored care. Meaningful collaboration with Indigenous leadership often advances the integration of Indigenous perspectives and cultural safety into palliative and end-of-life care service delivery. This in turn allows for the sharing of resources such as best practices, educational materials, training, and enhanced access to Indigenous healthcare professionals and elders/knowledge keepers.

This section of the catalog is organization-based and emphasizes certain benefits of government involvement and support (i.e. funding and investment in education and training, sustainable healthcare infrastructure, etc) for providing palliative care services and programs. It outlines multi-sectoral partnerships and collaboration with territorial, provincial, and federal governments, as well as non-government organizations (NGOs). The list below provides a brief description of the organization, including resource/education offerings where applicable and contact information for further inquiry.
See examples of **Indigenous Health Organizations** below.

First Nations Health Authority (FNHA)

DESCRIPTION

FNHA is dedicated to improving the health and well-being of Indigenous people in British Columbia, offering various healthcare services and programs.

CONTACT

Address: 501-100 Park Royal South
Coast Salish Territory West
Vancouver, BC V7T 1A2

Phone: 604-693-6500
Toll- Free:1-866-913-0033
Email: info@fnha.ca
Website: https://www.fnha.ca/

Tajikeimɨk, Mi’kmaw Health & Wellness

DESCRIPTION

In 2023, Tajikeimɨk along with Canada and the province of Nova Scotia declared a partnership for a newly formed health and wellness organization working to transform the design and delivery of health services serving Mi’kmaw communities in Nova Scotia.

CONTACT

Address: Millbrook Office
4 Stanley Johnson Street Millbrook,
Nova Scotia B6L 5B4

Toll-free: 1-833-884-8254
Email: taji@mhwns.ca
Website: https://mhwns.ca/

Keewatinohk Inniniw Minoayawin

DESCRIPTION

In 2020, Manitoba Keewatinowi Okimakanak (MKO) established the Keewatinohk Inniniw Minoayawin, a northern First Nations led-health organization that is exploring innovative primary care services models tailored specifically for northern Manitoba First Nations communities and preparing to assume the responsibility for service delivery.

CONTACT

Address: 202-1700 Ellice
Avenue Winnipeg, MB

Phone: 204-202-8852
Website:
https://kiminoayawin.com/

Nishnawbe Aski Nation (NAN)

DESCRIPTION

In 2021, the Nishnawbe Aski Nation (NAN), Canada and the province of Ontario, committed to work together in partnership to support the establishment of a First Nations health services delivery system in NAN Territory. NAN has actively worked with their communities to identify key health priorities requiring immediate action in conjunction with exploring new models of health service delivery that will bring services closer to home and build capacity in northern communities to access and deliver more culturally responsive services.

CONTACT

Phone: 807-625-8228
Toll-free: 1-800-465-9952
Email: nancomms@nan.ca
Website:
https://www.nan.ca/

OTHERS:

Organization: In 2019, the First Nations of Quebec and Labrador Health and Social Services Commission signed a tripartite Memorandum of Understanding with Canada and the province of Quebec, which committed the partners to work towards a new health and social services governance model.

Organization: In 2020, the Southern Chiefs' Organization signed a Memorandum of Understanding with Canada to establish a new health governance model focused on equitable and culturally appropriate health care for First Nations in southern Manitoba.

Source: https://www.sac-isc.gc.ca/eng/1626810177053/1626810219482

TERRITORIAL GOVERNMENT

Government of Northwest Territories

DESCRIPTION

Health and Social Services (Department) is committed to ensuring a quality palliative approach to care is available to all residents of the Northwest Territories when they need it and in the location they wish to receive it.

RELEVANT DOCUMENTS & RESOURCES:

1. Government of the Northwest Territories, Legislative Assembly. Priorities of the 18th Legislative Assembly. December 2015.
    - http://www.assembly.gov.nt.ca/sites/default/files/priorities_of_the_18th_legislative_assembly.pdf
2. Government of the Northwest Territories, Department of Executive. Ministerial Mandate Letter.
    - http://www.gov.nt.ca/sites/default/files/documents/Minister Abernethy - Mandate of the Government of the Northwest Territories.pdf
3. Government of Northwest Territories.(2018). *Palliative Approach to Care Service Delivery Model for the NWT*.
    - https://www.hss.gov.nt.ca/sites/hss/files/resources/palliative-approach-care-service-delivery-model-nwt.pdf
    - https://www.hss.gov.nt.ca/sites/hss/files/resources/palliative- approach-care-service-delivery-model-nwt.pdf
4. Yukon Home Care and Palliative Care Program
    - Address: 109 Copper Rd Whitehorse, Yukon Territory. Y1A 2Z7
    - Website:http://www.hss.gov.yk.ca/homecare.php
    - Phone: 867-667-5774
    - Yukon Health and Social Services. (2015). *Yukon Palliative Care Framework*. Yukon Palliative Care Resource Team. (2022, November 15). *Palliative care resource teams clinical tools*. **https://yukon.ca/en/palliative-care-resource-teams-clinical-tools**
5. Yukon Government Palliative Care Services
    - Wind River Hospice House
    - Address: Wind River Hospice House, Whistle Bend Place
    - P.O Box 2703 Whitehorse, Yukon Territory Y1A 2C6
    - Website: https://yukon.ca/en/palliative-care
    - Phone: (867) 667-9380
6. Hospice Yukon
    - Website: http://www.hospiceyukon.net

Contact Information:
Address: Communications
Health and Social Services P.O. Box 1320 Yellowknife, NT X1A 2L9
Phone: 867-767-9052, ext. 49034
Email:hsscommunications@gov.nt.ca

Provincial, Federal Government, Non-Government Organizations (NGO) & Non-Indigenous Allies

At the provincial, federal, organizational and community level, recognizing the importance that our collective work be Indigenous-driven cannot be understated. Provincial and federal government health system partners, non-government organizations (NGOs) including non-indigenous allies, may benefit from respectful incorporation of their involvement and collaboration to support Indigenous palliative care services. This has the potential to facilitate care that is community-centered, culturally sensitive, and honors Indigenous traditions and beliefs. It thereby acknowledges the expertise and wisdom within Indigenous communities and organizations, to improve the quality of palliative and end-of-life care for Indigenous individuals and their families.

Variation in structure and mandates exists at both the provincial and federal health system levels. Each province will have provincial Departments of Health, providing information on palliative care policy development and implementation, guidelines, research, program evaluation, and government initiatives that foster change within the healthcare system. In addition, regional health authorities or entities will be responsible for resource allocation and facility operational planning to deliver healthcare services, including palliative care education, training, and programming. Federally, the mandate is to fund and support the delivery of health and social services.

Collaboration and working together to leverage the contributions of many has the potential to manifest itself in improved communication, bridging sector gaps, addressing professional boundaries, and clarifying shared and/or joint government responsibilities for education, programming, and service delivery.

For more information visit the link below:
https://www.canada.ca/en/health-canada/services/health-care-system/reports-publications/palliative-care/action-plan-palliative-care.html

Provincial Government: Palliative Care Services by Province and Territory

Provinces and Territories are responsible for developing health policies and programs based on their unique characteristics, resources, and population needs. Therefore, the diversity of policies, health programs, and access to palliative care service delivery within home and community care and other sectors will differ depending on the province you live in. The following links identify resources organized by provincial entities and or organizations delivering palliative care programs and services. Below are just a few examples of government and non-government organizations' efforts to support Indigenous and non-Indigenous communities in Canada. Their resources are designed to support clients, families, and healthcare providers in accessing relevant education, information, and services for those living with a serious life-limiting illness.

For more detailed information about palliative care services in your province, we recommend you visit the following websites.

1. The Government of Canada provides a comprehensive directory of key palliative care resources at the National, provincial and territorial levels.

Website/URL: click the links below for a listing of palliative care programs and services by province.
https://www.canada.ca/en/health-canada/services/health-services-benefits/palliative-care/resources.html

Reference/source: https://www.canada.ca/en/health-canada/services/health-care-system/reports-publications/palliative-care/framework-palliative-care-canada.html
Framework on Palliative Care in Canada
https://www.canada.ca/en/health-canada/services/health-care-system/reports-publications/palliative-care.html

2. The Canadian Hospice Palliative Care Association, a non-government organization (NGO) created an online directory designed to provide information on the availability of hospice palliative care services across Canada.
To find a list of general palliative care resources available in your province visit the Canadian Directory of Hospice Palliative Care Services. Here you will find a listing of programs and services, their contact information, and where they provide care.

Website/URL: Click this link: https://www.chpca.ca/listings/

If you have any comments or questions concerning this directory, contact us.

GOVERNMENT OF CANADA FEDERAL DEPARTMENTS

Health Canada

NAME OF RESOURCE

The EQUIP Equity Action Kit (Action Kit)

CONTACT

Address: Health Canada Address Locator
1801B Ottawa, Ontario K1A 0K9
Phone: 613-957-2991
Toll-free: 1-866-225-0709
Teletypewriter: 1-800-465-7735 (Service Canada)
Email: General Inquiries send email to hcinfo.infosc@canada.ca
For questions related to new palliative care resources send email to eolc-sfv@hc-sc.gc.ca.

DESCRIPTION

Health Canada is the federal department that is part of the Health portfolio responsible for helping Canadians maintain and improve their health while respecting individual choices and circumstances. It ensures that high-quality health services are accessible, and works to reduce health risks.
Health Canada recently released additional fact sheets, social media posts, and templates to increase awareness and education about palliative care in Canada.

WEBSITE/URL

Click the link to learn more here. Palliative Care Awareness Tools
https://www.canada.ca/en/health-canada/services/health-services-benefits/palliative-care/awareness-tools.html

https://www.canada.ca/en/health-canada/services/health-care-system/reports-publications/palliative-care/framework-palliative-care-canada.html

INDIGENOUS SERVICES CANADA

Organization: Government of Canada Federal Department, Indigenous Services Canada (ISC). This federal department works in collaboration with several partners to help improve access to high-quality services and programs for First Nations, Inuit, and Metis in Canada.

Division: Home, Community and Preventative Care Division / Division des Soins prèventifs à domicile et en milieu communautaire
First Nations and Inuit Health Branch / Direction de la Santé des Premières nations et des Inuits
Indigenous Services Canada / Services aux Auchtochtones Canada
Government of Canada (GoC)

Program: The First Nations and Inuit Home and Community Care (FNIHCC) Program

Description: The First Nations and Inuit Home and Community Care (FNIHCC) program provides funding and advice on developing home and community care services to Indigenous people living in First Nations and Inuit communities. This supports capacity building within Indigenous communities to develop and deliver comprehensive, culturally sensitive, and accessible basic home care services for First Nations and Inuit individuals with disabilities, chronic or acute illnesses, and the elderly to receive the care they need in their homes and communities. Care is delivered primarily by home care registered nurses and trained certified personal care workers. Services are based on a case management approach and a level of care needs assessment which includes the palliative approach to care and end-of-life support.

In addition to service delivery, it also supports capacity building for First Nations and Inuit providers to deliver home care services through education and training.
For more information on the FNIHCC program within the Home, Community, and Preventative Care Division programs relative to palliative care, see the link below.

Website/URL: click the link: home and community care
ISC:https://www.canada.ca/en/indigenous-services-canada.html

Contact Information: The public inquiries Contact Centre provides general information about Crown-Indigenous Relations and Northern Affairs Canada and Indigenous Services Canada's programs.

Phone: 1-800-567-9604
Fax: 1-866-817-3977
Email: infopubs@sac-isc.gc.ca
Service hours: Monday to Friday from 9 am to 6 pm Eastern time
You can also contact your specific First Nations and Inuit health regional office.
Website/URL: https://www.canada.ca/en/indigenous-services-canada.html

For general questions or comments about First Nations and Inuit Health Branch programs and services, contact the Assistant Deputy Minister's office.

Contact Information:
Address: Assistant Deputy Minister's Office | First Nations and Inuit Health Branch
Jeanne Mance Building, Tunney's Pasture Postal Locator 1921A Ottawa, Ontario K1A 0K9
Telephone: 613-957-7701
Teletypewriter: 1-800-465-7735 (Services Canada)
Website/URL: https://www.canada.ca/en/indigenous-services-canada.html
Reference for below: https://www.canada.ca/en/health-canada/services/health-care-system/reports-publications/palliative-care/framework-palliative-care-canada.html#appd

OVERVIEW OF NATIONAL NON-GOVERNMENT ORGANIZATIONS (NGO) DEDICATED TO INTEGRATING THE PALLIATIVE CARE APPROACH TO CARE

Overview of National Non-Governmental Palliative Care Organizations

Many non-government palliative care organizations play a special role in providing services, developing competency based-education, training and resources. They are also involved in creating documents such as frameworks, and standards, conducting research, advocacy work, informing and leading palliative care initiatives, and participating in meaningful engagement and partnerships with stakeholders.

This section includes a list of key non-governmental organizations (NGOs) in particular that collaborate with provincial, federal, and Indigenous partners to develop general and indigenous-specific/relevant palliative care programming, education, and resources. This list may be helpful to allow you to access further information, resources, and support. There may be duplication as some of these organizations and their resource offerings (and others not mentioned) can be found listed in more detail in other sections of the catalog.

Health Standards Organization/Accreditation Canada / (HSO/AC) Together, HSO and Accreditation Canada (AC) work with governments,policy-makers, regional health authorities, hospitals, and community-based programs and services in both the private and public sectors. HSO/AC are *independent, non-governmental, not-for-profit* organizations. HSO works with experts and those with lived experience to develop standards, assessment programs, and quality improvement solutions. AC provides independent assessments against global standards. This organization produces hospice palliative care standards, including for volunteers, based on national norms of practice.
https://accreditation.ca/standards/
https://healthstandards.org/

Canadian Cancer Society (CCS) A recent report by the Canadian Cancer Society (CCS), titled *Analyzing Hospice Palliative Care Across Canada: A report on federal, provincial, territorial and community actions*, outlined how governments across Canada are delivering quality palliative care for people with progressive illnesses like cancer, particularly in the area of access to hospice beds. This is a follow-up report from 2017.
https://cancer.ca/en/living-with-cancer/coping-with-changes/palliative-care
https://cdn.cancer.ca/-/media/files/about-us/media-releases/2023/palliative-care-report/adv23163palliative-care-report85x11en04.pdf?rev=2ab3a2b405f045aeba4606319d5e79b4&h

Canadian Frailty Network (CFN) CFN has supported several initiatives, one of which was project optimizing palliative care 24/7 on-call consultation service in Nunavik communities.
https://www.cfn-nce.ca/
https://www.cfn-nce.ca/project/cat2015-03/

The Canadian Hospice Palliative Care Association (CHPCA) has led several initiatives/projects such as education and training on various topics related to hospice and palliative care including public information and awareness about palliative care and advance care planning.
https://www.chpca.ca/

Canadian Indigenous Nurses Association (CINA) The mission of the Canadian Indigenous Nurses Association is to improve the health of Indigenous Peoples, by supporting Indigenous Nurses and by promoting the development and practice of Indigenous Health Nursing. In advancing this mission, the Association will engage in activities related to recruitment and retention, member support, consultation, research, and education.
https://indigenousnurses.ca/

Contact Information:
Canadian Indigenous Nurses Association (CINA)
Marilee Nowgesic
mnowgesic@indigenousnurses.ca

Canadian Institute for Health Information (CIHI) CIHI's data analyses regarding palliative care includes a 2018 publication on Access to Palliative Care in Canada describing palliative care services across the country. A recent publication in 2023 builds on our 2018 report and measures progress toward the goal of increasing Canadians' access to palliative care services. Visit the links below to learn details about the organization and the main findings in the report.
https://www.cihi.ca/en/access-to-palliative-care-in-canada

Report: Access to Palliative Care in Canada 2023
https://www.cihi.ca/sites/default/files/document/access-to-palliative-care-in-canada-2023-report-en.pdf

Canadian Medical Association (CMA) The CMA led national roundtables (2014) on advance care planning, palliative care, and physician-assisted dying; published a report: Palliative Care: CMA's National Call to Action - Examples of innovative care delivery models, training opportunities, and physician leaders in palliative care (2015); updated its policies to promote greater uptake of advance care planning (2015) and palliative care (2016); and, in partnership with other organizations in 2015, conducted the National Palliative Medicine Survey, which confirmed significant differences in the availability of palliative care services and the type and training of physicians providing such services.

Canadian Nurses Association (CNA) The CNA advocates that nurses have a fundamental role in a palliative approach to care and their practice within the palliative approach and primary health care framework is based on CNA's Code of Ethics for Registered Nurses.

Canadian Partnership Against Cancer (CPAC), First Nations Inuit & Metis stream. CPAC collaborates with partners to improve cancer outcomes and access to high-quality care for all people in Canada. The Partnership is working to improve access to culturally appropriate cancer care and is committed to the ongoing process of reconciliation as they continue to support self-determined, Peoples-specific solutions for sustainable system change across cancer care that benefit all First Nations, Inuit, and Métis in Canada.

The Partnership has a long history of working with First Nations, Inuit and Métis to advance action on the cancer care priorities of First Nations, Inuit, and Métis. In 2015, the Partnership was called to action by the Truth and Reconciliation Commission of Canada (TRC), and with our partners we are supporting the implementation of health-related Calls to Action #22, 23 and 24. These Calls to Action focus on the need to increase First Nation, Inuit, and Métis healing practices in healthcare delivery, increase the number of First Nation, Inuit, and Métis healthcare professionals working in cancer control, improve their retention within the healthcare system and improve the cultural competency of all healthcare workers.
Source: https://www.partnershipagainstcancer.ca/about-us/who-we-are/first-nations-inuit-metis/

Specific to Palliative and end-of-life Care, the partnership funded the development of the Beginning the journey into the spirit world: First Nations, Inuit, and Metis approaches to palliative and end-of-life care in Canada.
https://www.partnershipagainstcancer.ca/topics/indigenous-palliative-care-approaches/summary/

CPAC has supported several palliative care initiatives including developing online resources; training; best practices in advance care planning and goals of care; patient-reported outcome measures; early integration of palliative care; and building capacity in more care providers, including paramedics.Additionally, CPAC maintains the Palliative and End-of-Life Care National Network (PEOLC NN) of representatives of national healthcare organizations, provincial and territorial governments, cancer agencies, patients, and family caregivers. The PEOLC NN has four working groups focusing on Advance Care Planning/Goals of Care, Education and Capacity, Integration, and Measurement.

Canadian Society of Palliative Care Physicians (CSPCP) The CSPCP has contributed to initiatives to establish national palliative care competencies for undergraduate medical students, and to incorporate these competencies into curricula; developed credentials for those who specialize in palliative medicine; hosts the Annual Advanced Learning in Palliative Medicine Conference; partnered on the 2015 National Palliative Medicine survey; published reports in 2016: How to improve palliative care in Canada: A call to action for federal, provincial, territorial, regional and local decision makers; and 2017: Palliative care: A vital service with clear economic, health and social benefits.

Canadian Virtual Hospice (CVH) CVH presents evidence-based information and resources about palliative and end-of-life care in a variety of electronic media, such as text, videos (including practical caregiving skills), and social media, backed by a pan-Canadian virtual interdisciplinary clinical team. Its innovative features include educational videos and text on grieving (including modules about children's grief), cultural contexts (including Indigenous and other cultures), and an interactive clinical consultation (Ask a Professional).

Palliative Care Alliance The Quality Palliative Care in Long Term Care Alliance (QPC-LTC) (2003-2010) Participatory Action Project was funded by the Social Sciences and Humanities Research Council and Canadian Institute of Health Research. The Alliance researchers and organizational partners contributed to the development of palliative care in LTC. The researchers in the Alliance had expertise in palliative care education, pain and symptom management, organizational health, etc. Organizational partners were from provincial and national organizations and were local to the communities of the four study sites.

The Palliative Care Coalition of Canada (PCCC) previously known as The Quality End-of-Life Care Coalition of Canada (QELCCC) announced its new identity in 2023. The decision reflects PCCC's commitment to embracing the current, accepted definition of palliative care – an all-encompassing approach that improves the quality of life for individuals and their loved ones facing serious illness.Within the Palliative Care Coalition of Canada, are three working groups (Advocacy, Education, and Research and Knowledge Translation). Pallium Canada serves as the secretariat for the PCCC, providing administrative support for the working group tasks. The PCCC is made up of more than 30 national organizations dedicated to improving palliative care for all. The goals are to improve access to care, increase the number of professionals and volunteers with the skills to provide high-quality palliative care, promote research that would improve care, support the family members who care for people who are dying, and educate Canadians about their choices at the end of life.
Key feature: most current: The PCCC produced the Blueprint for Action 2020-2025 providing a summary of progress made, current knowledge, and how to address ongoing issues and gaps in the field. The report mentions underserved populations such as Indigenous Peoples.
https://www.pallium.ca/wp-content/uploads/2023/10/QELCCC-Blueprint-for-Action-2020-2025-H.pdf
The previous blueprint for action was 2010-2020

Contact Information
Address: Pallium Canada
342 Richmond Rd, Unit B
Ottawa, Ontario K2A 0E8

Phone:1-833-888-LEAP (5327)
Email: For any questions regarding the PCCC, contact pccc@pallium.ca.
or info@pallium.ca
Website: Palliative Care Coalition of Canada (PCCC)

Source:Reference for below: https://www.canada.ca/en/health-canada/services/health-care-system/reports-publications/palliative-care/framework-palliative-care-canada.html#appd

Contact Information:
Canadian Indigenous Nurses Association (CINA)
Marilee Nowgesic
mnowgesic@indigenousnurses.ca
+1 613-724-4677

last updated Dec 7, 2023 at 3:00 pm

SECTION VIII.

Policy & Practice, Programming & Evaluation

1 INTEGRATING INDIGENOUS PALLIATIVE CARE RESOURCES INTO POLICY & PRACTICE, PROGRAMMING & EVALUATION

Advancing Indigenous policy, practice and programming for palliative and end-of-life care in Canada, is best supported by identifying Indigenous Peoples –specific goals and priorities. One of which is culturally sensitive palliative care education and training for healthcare providers and other caregivers. Professional development which includes the integration of cultural safety and Indigenous perspectives into policy, practice, and programming was central to the co-creation of this learning catalog.

Policies and practices grounded in Indigenous self-determination principles for palliative and end-of-life care can be a significant factor in promoting health, healing, and well-being. It honors the rights, wishes, and values of indigenous peoples which in turn supports the journey home when they are experiencing serious life-limiting illness and confronted with end-of-life. It is based on values of community ownership, meaningful and Indigenous-led –led collaboration, and Indigenous ways of knowing and maintaining culturally safe practices, traditions, and language.

This chapter/section will showcase examples of policy frameworks that guide practice, integrate tools, support competency-based educational resources, and demonstrate the successful implementation of Indigenous-led palliative care programs and program evaluation. Listed are a few health organizations (Indigenous and non-Indigenous), links to websites offering resources, educational material (toolkits), and relevant research articles. In addition, contact details are provided to allow the readers/users to access further information as required.

POLICY & PRACTICE

Policy Frameworks

Policy frameworks are principle-based and typically set direction or identify a pathway to improve the delivery of palliative and end-of-life care through policy development, practice guidelines, standards, service delivery, and programming. From an Indigenous perspective, policymakers are strongly encouraged to create policies built on culturally safe, trauma-informed, strength-based, wholistic, community-centric care focused on healing and wellness.

Frameworks

Discipline-specific competency frameworks provide a reference point and opportunity for front-line clinical staff and volunteers to engage in self-assessment of knowledge, skills, behaviors, and attitudes toward palliative care and when caring for a person with a life-limiting illness and their family.

The following frameworks represent a shared pathway highlighting best practices for education and training to help guide health providers' ability to deliver culturally appropriate and competent Peoples-centric palliative care. They can catalyze change or motivate others (organizations, communities, etc) to create their distinct pathways and models congruent with their unique needs and preferences.

To set the stage and provide context, we have taken into account past and current efforts to improve access to equitable and high-quality culturally safe Indigenous palliative and end-of-life care.

Past

Policy Frameworks and Palliative and End-of-life Care Practice

When it comes to palliative and end-of-life care practice guidelines, standards, and competency-based education and training, palliative care leaders, health organizations, and policymakers recognized the need for system-level changes to support the integration of the palliative approach to care. Underpinning this work was the notable absence of a single national palliative care program and strategy. This led to governments and healthcare organizations adopting their models to address certain needs and gaps. These included jurisdictional issues and boundaries and consideration of Indigenous peoples' perspectives on palliative care. One key priority was competency-based education and training for staff in the palliative approach to care. The following documents were helpful to guide, inform/drive new policy change. *Truth and Reconciliation Commission of Canada's Calls to Action*, *United Nations Declaration on the Rights of Indigenous Peoples*.

source: United Nations Declaration on the Rights of Indigenous Peoples. (2007). https://hl-prod-ca-oc-download.s3-ca-central-1.amazonaws.com/CNA/2f975e7e-4a40-45ca-863c-5ebf0a138d5e/UploadedImages/documents/DRIPS_en.pdf

In addition, the Framework on Palliative Care in Canada and Action Plan on Palliative Care were other beneficial documents in that they highlighted this priority, encouraging further policy development. For more information and details click the links below.

Framework on Palliative Care in Canada

Organization: Government of Canada. (2018, December 4). *Framework on Palliative Care in Canada* [Report on plans and priorities; education and awareness].

Note: The Government of Canada recently released on December 15, 2023, the Framework on Palliative Care in Canada-Five Years Later: A Report on the State of Palliative Care in Canada. This report highlights the progress made in palliative care across Canada since the release of the Framework on Palliative Care in Canada in 2018.

This report includes several appendices and information on palliative care resources, one of which outlines provincial and territorial efforts in palliative care across Canada. In addition, recommendations for next steps include capacity building through education, training and skill development initiatives that support health and social care providers' ability to provide quality palliative care to Canadians with serious life-limiting illness.

Website/URL:
Framework on Palliative Care in Canada (2018)
https://www.canada.ca/en/health-canada/services/health-care-system/reports-publications/palliative-care/framework-palliative-care-canada.html

Framework on Palliative Care in Canada- Five Years Later: A Report on the state of Palliative Care in Canada (2023)
https://www.canada.ca/en/health-canada/services/publications/health-system-services/framework-palliative-care-five-years-later.html

ACTION PLAN ON PALLIATIVE CARE BUILDING ON THE FRAMEWORK ON PALLIATIVE CARE IN CANADA

Website/URL:
https://www.canada.ca/content/dam/hc-sc/documents/services/health-care-system/reports-publications/palliative-care/action-plan-palliative-care/action-plan-palliative-care-eng.pdf

OTHER RELEVANT FRAMEWORKS, FROM AN INDIGENOUS PERSPECTIVE

Centre for Education and Research on Aging & Health (CERAH), Lakehead University

RESOURCE TITLE

A Framework to Guide Policy and Program Development for Palliative Care in First Nations Communities

PRINCIPLE INVESTIGATOR/AUTHORS

Developed by the "Improving End-of-Life Care in First Nations Communities" Research Project (2015). Dr. Mary Lou Kelley, Principal Investigator, Holly Prince Project Manager

CONTACT

Dr. Mary Lou Kelley, Principal Investigator Holly Prince Project Manager

Phone: (807) 766-7274
Email: www.eolfn.lakeheadu.ca
Address: Centre for Education and Research on Aging & Health (CERAH)
Lakehead University
955 Oliver Road Thunder Bay, Ontario,
P7B 5E1

DESCRIPTION/KEY FEATURES

This policy framework builds on the work of the Improving end-of-life care in First Nations communities project. The components of the framework are based on principles intended to improve the quality of life for First Nations people who are dying and their families in the preferred place of care, which is their home community. This policy identified several overarching policy guidelines to consider with the creation and implementation of palliative care programs with First Nations Communities.

WEBSITE/URL

https://eolfn.lakeheadu.ca/wp-content/uploads/2015/12/1-Framework-to-Guide-Policy-and-Program-Development.pdf

Current: Leveraging this existing work was the development and co–creation of the newly released Canadian Interdisciplinary Palliative Care Competency Framework and the Indigenous Palliative Care Policy Framework (still in progress- to be released soon in 2024). Both will help guide policy, best practice, and competency-based professional development for providers working in Indigenous communities in Canada

INDIGENOUS PALLIATIVE AND END-OF-LIFE POLICY FRAMEWORK: COMING IN 2024- ASK PERMISSION TO INCLUDE

Health Canada

RESOURCE TITLE

Culture and Community as Foundation: Wholistic Pathways Towards Indigenous Palliative and End-of-Life Framework

AUTHOR

Turtle Island Consulting Services Inc.

CONTACT

http://www.turtleislandconsulting.ca/

WEBSITE/URL

Citation: Health Canada (2023). Culture and community as foundation: Wholistic pathways towards Indigenous palliative and end-of-life care (PEOLC) policy framework executive summary. Author.

DESCRIPTION/KEY FEATURES

This policy framework sets out a shared vision, shared understandings and shared pathways forward with Peoples-specific goals and recommendations for Indigenous palliative and end-of-life care in Canada. It guides decision-making, sets future directions, identifies important connections, and supports the alignment of policies, funding, and practices in Indigenous palliative and end-of-life care.

The policy framework will guide palliative and end-of-life care policies, operations, and approaches across multiple levels and jurisdictions (Indigenous, federal, provincial/territorial orders of governments). This guidance will ensure that policies, operations, and approaches embody the rights, truth, reconciliation, and self-determination of Indigenous Peoples, families, and communities.

It serves as a road map for where Indigenous Peoples, families, and communities may want to go in palliative and end-of-life care. Representation and adaptability of the shared vision, shared understandings, shared pathways, Peoples-specific goals and recommendations presented in this policy framework may vary based on the protocols, customs, languages, and practices relative to community connections, kinship, and family lineages.

THE CANADIAN INTERDISCIPLINARY PALLIATIVE CARE COMPETENCY FRAMEWORK

This guidance document established national standards and competencies for palliative care practice in Canada.

Health Canada and the Canadian Partnership Against Cancer jointly developed the Canadian Interdisciplinary Palliative Care Competency Framework

RESOURCE TITLE

Canadian Interdisciplinary Palliative Care Competency Framework (2021)

AUTHOR

Health Canada and Canadian Partnership Against Cancer.

DESCRIPTION/KEY FEATURES

The Canadian Interdisciplinary Palliative Care Competency Framework was developed to help educators and healthcare administrators build palliative care capacity and competency across Canada1. It also provides high-level guidance to provinces and territories that have built their competency frameworks. The framework sets competencies in essential skills, knowledge, and abilities for palliative care practice across five disciplines – nursing, medicine, social work, personal support work, and volunteering1. The competencies are organized under 12 domains of practice and can be applied both for those who specialize in palliative care and those who wish to integrate its principles into their discipline1. The framework aims to establish equitable access to palliative and end-of-life care across Canada, advancing the Canadian Strategy for Cancer Control and integrating palliative care in all cancer care settings1.

Addendum, released on October 22, 2023, a new spiritual care competencies section (pg 134) has been added to the Canadian Interdisciplinary Palliative Care Competency Framework and featured in an online article. In recognition of the important role that spiritual care plays in palliative and end-of-life care, this new section was developed by the Canadian Association for Spiritual Care/Association canadienne de soins spirituels (CASC/ACSS), in collaboration with the Canadian Partnership Against Cancer (CPAC).

The palliative care competency framework is a curriculum guide and reference manual for nurses, physicians, social workers, personal support workers, and volunteers. With the inclusion of spiritual care, this group now also includes spiritual care practitioners. These professionals attend to an individual's values, beliefs, and experiences related to spirituality and culture to alleviate suffering and promote healing.

INDIGENOUS PERSPECTIVE

The competencies above have been written to ensure providers understand the importance of delivering culturally appropriate palliative care that respects the needs and priorities of Indigenous peoples1. As palliative care may be carried out by family, caregivers, and community members, meaningful engagement with First Nations, Inuit and Métis Elders, Knowledge Carriers, and community members is underway to share approaches to palliative care and identify tools and practices that could be helpful for other communities and organizations. The engagement is also an opportunity to identify shared priorities for palliative care in communities. 1.

CITATION

(1)https://www.mcgill.ca/council-on-palliative-care/article/chpca-canadian-interdisciplinary-palliative-care-competency-framework

(2) https://www.partnershipagainstcancer.ca/topics/palliative-care-competency-framework/

WEB PAGE/URL

Canadian Interdisciplinary Palliative Care Competency Framework (English)

Le Cadre canadien des compétences interdisciplinaires en soins palliatifs (Francais)

https://www.partnershipagainstcancer.ca/contact/

CONTACT

Address:
Canadian Partnership Against Cancer
145 King Street West, Suite 900
Toronto ON M5H 1J8
Phone: (416) 915-9222
Toll free: 1 (877) 360-1665
Email: info@partnershipagainstcancer.ca
Social Media: **Twitter** | **Facebook** | **LinkedIn**

Best Practice: Additional Frameworks, Standards of Practice & Competencies for Palliative Care Education and Training

Below are examples of relevant frameworks, standards and practice tools that illustrate the importance of professional development, continuous and standardized palliative care education and training of Indigenous and non-Indigenous health and social services staff serving communities. One resource to complement standards and competency-based practice is the newly released Indigenous Health Professional Retention and Recruitment Toolkit. Details to follow.

STANDARDS OF PRACTICE AND COMPETENCIES

BC Centre for Palliative Care

RESOURCE TITLE

BC Centre for Palliative Care. (2020). A framework for palliative care education and training in British Columbia.

CONTACT

Email: office@bc-cpc.ca

WEB PAGE/URL

https://www.bc-cpc.ca/wp-content/uploads/2020/01/BC-CPC_Education_Training_Framework_Jan2020_WEB-1.pdf

DESCRIPTION/KEY FEATURES

Health Canada and Canadian Partnership Against Cancer.

Centre for Education and Research on Aging and Health Lakehead University

RESOURCE TITLE

An Integrative Framework for Conducting Palliative Care Research With First Nations Communities

CONTACT

Email: mlkelley@lakeheadu.ca

DESCRIPTION/KEY FEATURES

This integrative framework was created as a resource to guide researchers conducting palliative care research with First Nations Communities in Canada.
consist of five components

WEB PAGE/URL

https://journals.sagepub.com/doi/10.1177/082585971002600110
https://journals.sagepub.com/doi/10.1177/082585971002600110 Citation: Prince, H., & Kelley, M. L. (2018). An Integrative Framework for Conducting Palliative Care Research with First Nations Communities. Journal of Palliative Care. https://doi.org/10.1177/082585971002600110

Yukon Health and Social Services

RESOURCE TITLE

Yukon Health and Social Services. (2015). Yukon Palliative Care Framework. Yukon Palliative Care Resource Team. (2022, November 15). Palliative care resource teams clinical tools.

WEB PAGE/URL

https://yukon.ca/en/palliative-care-resource-teams-clinical-tools

DESCRIPTION/KEY FEATURES

A description of and links to several palliative care clinical practice tools used by healthcare professionals.

Ontario Palliative Care Network

RESOURCE TITLE

Ontario Palliative Care Health Services Delivery Competency Framework

WEB PAGE/URL

https://www.ontariopalliativecarenetwork.ca/resources/palliative-care-competency-framework

DESCRIPTION/KEY FEATURES

This competency-based reference guide is for health professionals and volunteers and describes the knowledge, personal attributes and skills providers need to deliver high-quality palliative care in Ontario. It aims to improve equitable access to care for people living with life-limiting conditions and their families in all settings of care.

Cancer Care Ontario (CCO)

RESOURCE TITLE

Palliative Care Toolkit for Indigenous Communities, Tools for the Journey: Palliative Care in First Nations, Inuit and Métis Communities

CONTACT

Email: https://www.ccohealth.ca/en/contact_us

DESCRIPTION/KEY FEATURES

This toolkit includes resources and reference material to support First Nations, Métis and Inuit families and communities and develop capacity in palliative care. It can be used to help support decision-making for people with cancer who have palliative care needs and families who are coping with grief and loss. These educational materials can be used by anyone in the community

WEB PAGE/URL

https://www.cancercareontario.ca/en/guidelines-advice/treatment-modality/palliative-care/toolkit-aboriginal-communities Recommended Resources for First Nations, Inuit, Métis & Urban Indigenous Peoples. This page lists cancer resources to support First Nations, Inuit, Métis and urban Indigenous communities and organizations in Ontario. Find tools at https://www.cancercareontario.ca/en/resources-first-nations-inuit-metis Hospice Palliative Care Ontario. (n.d.-b). Education for Health Care Providers. https://www.hpco.ca/education-for-health-care-providers/ Below is an example of an organization that develops evidence-based standards, and assessment programs and advances quality improvement.

HEALTH STANDARDS ASSOCIATION (HSO), ACCREDITATION CANADA (AC) HOSPICE, PALLIATIVE, AND END-OF-LIFE SERVICES

Health Standards Association (HSO), Accreditation Canada (AC)

RESOURCE TITLE

Hospice, Palliative, and End-of-Life Services

AUTHOR

HSO/AC

AUTHOR

www.accreditation.ca
https://healthstandards.org/standard/palliative/
Social media @AccredCanada | @HSO_world

DESCRIPTION

Palliative care service standards provide organizations with evidence-based guidance and tools on how to deliver high-quality and safe palliative care and end-of-life services to clients, families, and/or caregivers. The standards target adult populations and apply to all settings where palliative care services are delivered, including hospitals, hospices, long-term care, home and community care.

HEALTH STANDARDS ASSOCIATION (HSO) NATIONAL LTC STANDARDS RELEASED 2023

Health Standards Association (HSO), Accreditation Canada (AC)

RESOURCE TITLE

CAN/HSO 21001:2023 Long-Term Care Services

AUTHOR

HSO/AC

CONTACT

Address: 1150 Cyrville Road Ottawa, ON K1J 7S9
Phone: 1-800-814-7769
Email: https://healthstandards.org/contact/

DESCRIPTION/KEY FEATURES

The standard addresses the delivery of safe, reliable, and high-quality long-term care services. The Standards Council of Canada (SCC), the Health Standards Organization (HSO), and the Canadian Standards Association (CSA Group) worked collaboratively to develop two new national standards for LTC. Both standards have been shaped by the needs and voices of Canada’s LTC home residents, workforce, local communities, and members of the general public. The standards address the delivery of safe, reliable, and high-quality LTC services (HSO) and design, operation, and infection prevention and control practices in LTC homes (CSA Group).

WEB PAGE/URL

National Long-Term Care Services Standard - HSO Health Standards Organization
Long-Term Care Services - HSO Health Standards Organization
Social media @AccredCanada | @HSO_world

INDIGENOUS HEALTH SERVICES ACCREDITATION PROGRAM

Health Standards Association (HSO), Accreditation Canada (AC)

AUTHOR

HSO/AC

RESOURCE TITLE

Qmentum Global for Indigenous Health and Wellness Accreditation Program

DESCRIPTION

Qmentum Global for Indigenous Health and Wellness Accreditation Program. Accreditation Canada offers an accreditation program to support quality and safety for Indigenous Health Services. By participating in accreditation, organizations are able to demonstrate that they provide high-quality, effective, person-centred, and safe care. Moreover, accreditation helps build trust and promote learning within communities while optimizing the use of resources.

Accreditation Canada has offered an accreditation program for Indigenous Health Services since 1999. The Qmentum Global for Indigenous Health and Wellness which includes improvements to the current accreditation program, will be launched in 2024.

Webpage currently under revision – not externally available but should be by February 2024: https://accreditation.ca/indigenous-health/

ADDITIONAL RESOURCES:

People-Centred Care Program
https://accreditation.ca/assessment-programs/people-centred-care-program/

Example of accredited organizations committed to the integration of Indigenous perspectives into the accreditation process.

Article on a First Nation Health Centre achieving accreditation:

Okanagan Indian Band (OKIB), Health & Wellness Department

TITLE

Advancing Patient and Cultural Safety at Okanagan Indian Band- Accreditation Canada

DESCRIPTION

The Okanagan Indian Band (OKIB), Health & Wellness Department has achieved Accreditation with Commendation after completing a rigorous assessment and review process in late January 2023.

URL

Advancing Patient and Cultural Safety at Okanagan Indian Band - Accreditation Canada

Saskatchewan Health Authority (SHA)

TITLE

Saskatchewan Health Authority (SHA) Transforms Accreditation with Indigenous-Inspired Co-Design

CONTACT

https://accreditation.ca/contact/

WEBSITE/URL

https://accreditation.ca/news/sha-transforms-accreditation-indigenous-inspired-co-design/

DESCRIPTION

the Saskatchewan Health Authority (SHA) has adopted an Indigenous-inspired co-design approach to create an integrated model of accreditation. The ‘Circles of Change/ accreditation model embraces quality improvement and people-centred care. The process to create the model included Indigenous advisors and consultation from First Nations and Métis peoples, patients and families, and health care providers.

Saskatchewan Health Authority (SHA)

NAME OF RESOURCE

Advancing Health Equity through a Patient and Family-Centred Care Approach

AUTHOR

Andrew Will, CEO of Saskatchewan Health Authority (SHA)

DESCRIPTION

SKA’s commitment to addressing health equity challenges, enhancing patient and family partnerships, embracing traditional knowledge keepers, providing seamless care closer to home, and partnering with First Nations, Inuit, and Metis.

WEBSITE/URL

Advancing Health Equity through a Patient and Family-Centred Care Approach | Andrew Will | Saskatchewan Health Authority

First Nations, Inuit, and Métis achieving excellence in culturally safe, quality care

https://healthstandards.org/files/Andrew-Will-Saskatchewan-Health-Authority.pdf

Canadian Palliative Care Nurses Association (CPCNA)

NAME OF RESOURCE

Canadian Palliative Care Nurses Association (CPCNA) Standards of Practice

CONTACT

Terri Woytkiw, Communications Director
Email: for all general inquiries use this address, cpcnainfo@gmail.com
Website: https://www.cpcna.ca/

AUTHOR/CITATION

Canadian Palliative Care Nursing Standards Committee. (2021). Canadian palliative care nursing standards of practice. Canadian Palliative Care Nursing Association.

ABOUT

Established in January 2021, the Canadian Palliative Care Nursing Association (CPCNA), represents nurses from across Canada who integrate or specialize in providing palliative care for people with serious illness and their families. CPCNA provides palliative care related education in the form of webinars. CPCNA engages in national advocacy work, notably with the Palliative Care Coalition of Canada, and supports national palliative care certification delivered through the Canadian Nurses Association (CNA). They offer a variety of professional practice activities and are working on national standards for palliative care nursing practice.

DESCRIPTION

The Canadian Palliative Care Nursing Association Standards of Practice are relevant to nurses who work with people with palliative care needs, and their families in any setting.The Standards support nurses in their roles as clinicians, consultants, educators, administrators, researchers, and educators to deliver and promote high-quality palliative care nursing.

WEBSITE/URL

Note: This catalog is focussed on adult palliative care specifically, for interest only- pediatric palliative care standards have been developed
Canadian Palliative Care Nursing Association Standards of Practice
Canadian Pediatric Palliative Care Nursing Competencies (January 2021)

NOTE

Additional validated tools for palliative care practice can be found in chapter/section 2 under resources and include advance care planning, conversation guides, pain and symptom management performance and measurement scales, grief and bereavement.

INDIGENOUS HEALTH PROFESSIONAL RETENTION AND RECRUITMENT

The healthcare system is grappling with a health human resource shortage, highlighted by the COVID-19 global pandemic. Hiring skilled and knowledgeable staff with an understanding of Indigenous culture and expertise in providing quality palliative care in diverse settings has never been more important. *The Indigenous Health Professional Retention and Recruitment Toolkit developed by SE Health* is a resource designed to complement existing hiring processes and support the retention and recruitment of Indigenous and non-Indigenous healthcare professionals who promote and practice cultural safety. Click the link below to access the toolkit.

Contact Information: for further information or questions about the toolkit connect via email.
Email: atyoursidefnim@sehc.com

Website/URL:
https://pdfs-of-qr-codes.s3.amazonaws.com/1d211ec5573403a0cacf380ecdf27fe4.pdf

INDIGENOUS PALLIATIVE CARE PROGRAMMING

This section showcases collaborative care models and best practices related to the successful implementation of Indigenous palliative care programs. They exist outside mainstream palliative care programming, are community-led and co-designed to meet the unique needs of Indigenous communities, and promote culturally sensitive and wholistic palliative and end-of-life care. The models illustrate how culturally sensitive models, programming, community partnerships, cultural training, and advisors can support the integration of policy, practice, research, and evaluation. They can also be applied in multiple settings i.e. within healthcare facilities, homes, long-term care, and hospices where they exist in the community.

COLLABORATIVE CARE MODELS IN INDIGENOUS PALLIATIVE AND END-OF-LIFE CARE

Key principles for collaboration with Indigenous communities involve meaningful consultation where healthcare providers engage with Indigenous communities to understand their unique needs, preferences, and expectations regarding palliative care service delivery and programming. To be successful, collaboration with Indigenous community leaders and representatives, helps build relationships and gain valuable insight into the community's priorities and concerns. It also enhances decision-making and care provision related to end-of-life care.

More specifically, involvement of Indigenous Elders, knowledge carriers and healers in all aspects of the palliative approach to care can significantly benefit patients and families by facilitating cultural understandings between healthcare providers and Indigenous clients.

To that end, staff training, ongoing education and access to resources help to build capacity to support this type of community-led collaboration and deliver culturally safe care. Several palliative care programs exist, but the following are examples of Indigenous specific models where community engagement was a key success factor.

Best Practice: Successful Implementation of Indigenous Palliative Care Programs

These best practices illustrate how Indigenous palliative care programs can successfully integrate policy, cultural practices, community engagement, and wholistic care to provide culturally competent end-of-life support for Indigenous individuals and their families. It serves as an example of best practices and programming that is flexible in order to be considered for adaptation and implementation in other Indigenous communities.

The Improving End-of-Life Care in First Nations Communities Research Team at Lakehead University

NAME OF RESOURCE/PROJECT

Developing Palliative Care Programs in First Nations Communities: A WORKBOOK Improving End of life care in First Nations Communities

CONTACT

Address: Lakehead University
955 Oliver Road Thunder Bay, ON P7B 4E1
Email:cerah@lakeheadu.ca

AUTHOR/ PRINCIPAL INVESTIGATOR(S)

The principal investigator is Dr. Mary Lou Kelley from Lakehead University. The co-investigators include: Dr. Kevin Brazil; Mrs. Holly Prince; Ms. Gaye Hanson; Ms. Mae Katt; Ms. Valerie O'Brien and Dr. Chris Mushquash.

DESCRIPTION

this program illustrates how Indigenous- led palliative care programs can successfully integrate cultural practices, community engagement, and wholistic care to provide culturally safe(r) end-of-life support for Indigenous individuals and their families. It serves as an example of a best practice that can be adapted and implemented in other Indigenous communities. It is a reminder of how important program evaluation is recognizing Indigenous wisdom, funding for education, training and resource allocation, determining and dentifying policy change and infrastructure for research.

WEBSITE/URL

Citation: Improving End-of-Life Care in First Nations Communities Research Team, Lakehead University (2015), Developing Palliative Care Programs in First Nations Communities: A Workbook, Version 1, Retrieved from https://eolfn.lakeheadu.ca/

https://eolfn.lakeheadu.ca/wp-content/uploads/2015/07/Palliative-Care-Workbook-Final-December-17.pdf

KEY FEATURES/OUTCOME

The lessons learned from the Improving End-of-Life Care in First Nations Communities research project, informed the development of the "Palliative Care for Front-Line Workers in Indigenous Communities," an 8-module curriculum developed in collaboration with Indigenous communities. See section 11 for Indigenous Resources- CERAH CERHA & Lakehead University.

Elsipogtog First Nation

NAME OF RESOURCE/PROJECT

Eimeg tan tleiaoltieg: Home for Life: Supporting Elsipogtog First Nations Elders

AUTHOR/ PRINCIPAL INVESTIGATOR(S)

Dr. Jennifer Dobbelsteyn

CONTACT

Lead organization: Dobbelsteyn Consulting Group International Incorporated
Address: 32 Chateau Drive,
Fredericton NB E3G 5X4
Email: jendobb@nb.sympatico.ca
Website: Dobbelsteyngroup.ca

DESCRIPTION

Emeg tan tleaooltieg (We are home where we belong) Home for Life: An applied research study supporting independent living for Elsipogtog New Brunswick, First Nations Elders. A project used a community-based participatory approach to highlight and reduce health inequalities. It identified culturally appropriate health and social service needs and programming necessary to allow Elders to live at home for life. The system level impact of this work is that Elders will age and remain in their community until the end of life.

WEBSITE/URL

https://www.unb.ca/nbirdt/mektu/healthy-seniors-pilot-projects/emeg-tan-tleaooltieg-we-are-home-where-we-belong-home-for-life-an-applied-research-study-supporting-independent-living-for-elsipogtog-first-nations-elders.html

Video: https://www.youtube.com/watch?v=taj2bX8xFe4

KEY FEATURES/OUTCOME

This successful project is leading efforts to spread and scale proven innovation that delivers health and social needs to allow individuals to stay closer to home and in the community. It has been instrumental in shifting the culture and starting conversations about the importance of respecting preferences to stay at home, aging in place and exploring alternate settings to achieve this goal.

Project funded by the Canadian Frailty Network (CFN)

to assist and support Indigenous peoples in caring for their elders.

NAME OF PROJECT

Keeping our Nlaka'pamux Elders at Home

CONTACT

Address: Kidd House, 100 Stuart Street
Kingston, ON K7L 3N6
Email: CFNNCEinfo@gmail.com

WEBSITE/URL

https://www.cfn-nce.ca/impact/keeping-our-nlakapamux-elders-at-home/

DESCRIPTION

Keeping our Nlaka'pamux Elders at Home. Five Nlaka'pamux communities in British Columbia are working collaboratively on the project. Three initiatives focused on social activities and gathering, elder activity and exercise and home safety.

OTHER WORK

Canadian Frailty Network is supporting multiple projects relevant to palliative care and aging in place, below include some examples:

Project funded by the Canadian Frailty Network (CFN)

NAME OF PROJECT

Optimizing Palliative Care in Nunavik's Communities

CONTACT

Email: serge.dumont@svs.ulaval.ca

AUTHOR/PRINCIPLE INVESTIGATOR

Project Contact: Dr. Serge Dumont

WEBSITE/URL

https://www.cfn-nce.ca/project/cat2015-03/

DESCRIPTION

The proposed project aims to assess the impact of implementing a 24/7 on-call consultation service offered by southern healthcare professionals who specialize in palliative care and of delivering palliative care training to Nunavik healthcare professionals.

Project funded by the Canadian Frailty Network (CFN)

NAME OF PROJECT

Improving End-of-Life Care and Advance Care Planning

CONTACT

Email:CFNNCEinfo@gmail.com

AUTHOR/PRINCIPLE INVESTIGATOR

multiple projects completed and underway

DESCRIPTION

The Canadian Frailty Network is supporting a program of research on end-of-life care planning and decision making, to improve the care of older adults living with frailty, their families and caregivers.

WEBSITE/URL

https://www.cfn-nce.ca/research/our-research/our-portfolio-by-theme/improved-end-of-life-care-eol-advance-care-planning-acp/
Key features as above: click link for more information

Additional: Innovative Best Practice Models for Successful Implementation of Non-Indigenous Specific Palliative Care Programs

Program partners include the Department of Health and Wellness, Nova Scotia Health, Nova Scotia Health Cancer Care Program, Nova Scotia and Emergency Health Services, Dalhousie University's department of emergency medicine.

NAME OF PROJECT

Paramedics Providing Palliative Care at Home Program

AUTHOR/PRINCIPLE INVESTIGATOR

multiple projects completed and underway

DESCRIPTION

Health authorities, cancer agencies, and emergency medical services in Nova Scotia and Prince Edward Island collaborated with the CPAC and Pallium Canada to train all paramedics to support palliative patients to remain in their community at home. Training included pain and symptom management, and in NS cultural competency training is part of this program. A similar program originated in Alberta, and Healthcare Excellence Canada and CPAC also partnered to deliver the Paramedics and Palliative Care Program.

WEBSITE/URL

NS Program:
https://novascotia.ca/dhw/palliativecare/documents/SPP_Health_Care_Professionals.PDF

Click the link below for Healthcare Excellence Canada & Canadian Partnership Against Cancer Community Paramedic Projects:
https://www.healthcareexcellence.ca/en/what-we-do/all-programs/paramedics-and-palliative-care-bringing-vital-services-to-canadians/

KEY FEATURES/OUTCOME

This is not an Indigenous specific program per se, however incorporates cultural safety and competency training. This program facilitates palliative care to be delivered in the home within communities with the aim to reduce hospitalization and unnecessary transfers.

CONTACT INFORMATION

For more information about paramedics providing palliative care support in Nova Scotia, contact Michelle Harrison, program project manager:
Phone: 902-717-2641
Email: michelle.harrison@nshealth.ca

For more information about the Special Patient Program, contact the program administrator.
Email: specialpatients.EHS@emci.ca
Phone: 902-407-3271

RELATED INFORMATION

Special Patient Program brochure for healthcare professionals (PDF 153 kB)
Special Patient Program brochure for patients and families (PDF 152 kB)
Special Patient Program brochure for patients receiving palliative care (PDF)
Special Patient Program Enrollment Form (PDF 465 kB)

OTHER WORK: CANADIAN FRAILTY NETWORK PROJECTS

Canadian Frailty Network
CP@clinic: A Community Paramedicine Program for Indigenous older adults
Website/URL:https://www.cfn-nce.ca/?s=Indigenous+
Website/URL:https://www.cfn-nce.ca/project/ih-011/

Program Evaluation

Supporting Indigenous-led and community-based program evaluation and data collection can help evaluate the programs effectiveness and identify improvements that reflect better health outcomes and sustainability for high quality palliative and end of life care. Program evaluation can also support the need for investments into education, training and resource allocation, as well as policy changes and research infrastructure. The above mentioned programs embedded rigorous program evaluation methodology in their programs. Click the links for more details.

While there have been several new developments for Indigenous specific program evaluation in recent years, below is an example of program evaluation resources to help you get started.

Program Evaluation	
Name of Organization	Eval Academy
About Us	Eval Academy is a one-stop shop for all things evaluation. If you want (or need) to conduct your own evaluation but don't know where to start, Eval Academy has you covered. Visit evalacademy.com to read articles, access useful resources, or sign up for our Program Evaluation for Program Managers course.
Title of Course	Program Evaluation for Program Managers
Course Content	This online, self-paced course is designed specifically for program managers. Through our consulting work, we've met so many program managers who have to evaluate their programs, but aren't sure how to do that. Program Evaluation for Program Managers includes three modules. Each module is made up of several videos and accompanying activities that you can complete at your own pace. You'll get a pdf workbook for each module, and high-value templates: 1. Our tried-and-tested Evaluation Plan Template, including all the components you need to consider 2. An Evaluation Budget Template, with prompts to consider various evaluation expenses 3. Interview Guide and Focus Group Guide Templates, along with Information Letter Templates **Module 1: Designing Your Evaluation** Jump right into evaluation planning. Learn about what evaluation is, how it's useful, and how to craft your perfect plan.

	Module 2: Collecting the Right Data the Right Way Explore the most common methods for collecting data: surveys, interviews and focus groups. You'll also learn about structuring and analyzing the data you already use in your program. **Module 3: Making Sense of It All** Get practical, easy tips for presenting your findings and using them to drive improvement.
Course Format	Online videos
Course Material	PDF workbook for each module Supplemental templates
Target/ Intended Audience	Novice and seasoned evaluators, and non-evaluators who are eval-curious
Course Delivery Type & Duration	Self-paced, online No prerequisites
Course Accreditation	No
Fee/Associated costs	$247 US
Link/Website Address	https://www.evalacademy.com/courses
Contact Information	Email at info@evalacademy.com Call Shelby at 708-952-2388
Additional Notes	N/A
Indigenous Specific	N/A

Program Evaluation Resources	
Name of Organization	Eval Academy
About Us	Eval Academy is a one-stop shop for all things evaluation. If you want (or need) to conduct your own evaluation but don't know where to start, Eval Academy has you covered. Visit evalacademy.com to read articles, access useful resources, or sign up for our Program Evaluation for Program Managers course.
Title of Course	Evaluation resources
Course Content	Articles and resources focus on evaluation practice and planning, data collection, analysis, and reporting.
Course Format	Available resources include tip sheets, guides, templates, infographics, and checklists
Course Material	
Target/ Intended Audience	Novice and seasoned evaluators, and non-evaluators who are eval-curious
Course Delivery Type & Duration	N/A
Course Accreditation	N/A
Fee/Associated costs	N/A
Link/Website Address	https://www.evalacademy.com/resources-collection
Contact Information	Email at info@threehive.ca Call Shelby at 708-952-2388

Additional Notes	Indigenous Evaluation Podcast visit link below https://www.evalacademy.com/articles/podcast-review-indigenous-insights-episodes-1-and-2 Focus is on experiences and learnings by Dr Gladys Rowe, Indigenous Evaluator
Indigenous Specific	Yes

BEST PRACTICES FOR CULTURALLY RELEVANT RESEARCH AND EDUCATION ON PALLIATIVE CARE

Below is a research report of interest on Indigenous approaches to program evaluation- not specific to palliative care but provides a general overview of the steps and processes used.

EVALUATION REPORTS & RESEARCH

Department of Justice Canada

TITLE OF THE REPORT

Exploring Indigenous Approaches to Evaluation and Research in the Context of Victim Services and Supports (2020)

WEBSITE/URL

Department of Justice Canada (www.justice.gc.ca/fra/pr-rp/index.html)

CONTACT

Department of Justice Canada. For more information, please contact the Department of Justice Canada at: www.justice.gc.ca.

AUTHOR

Summary by Jane Evans Papers Submitted to the Department of Justice Canada by Larry K. Bremner Andrea L.K. Johnston Gladys Rowe JoLee Sasakamoose

DESCRIPTION

Common themes from four expert papers are introduced in this summary report, prepared by the Department. The thoughts and ideas are those of the subject matter experts, not the Department. If interested, readers can refer to the four papers for more in-depth information and context related to Indigenous approaches and methods used in evaluation, research, and program design and delivery.

CITATION

Department of Justice Canada, Exploring Indigenous Approaches to Evaluation and Research in the Context of Victim Services and Supports, Department of Justice Canada, 2020 CanLIIDocs 3731, <https://canlii.ca/t/t8jp>, retrieved on 2023-11-08

RESEARCH ORGANIZATIONS SUPPORTING PALLIATIVE CARE

Research and data collection has the potential to support policy decisions and improvements in the delivery of quality palliative and end-of-life care for those living with serious- life-limiting illness.

Below is a list of some organizations and networks conducting research, data collection and best practices to support policy and practice integration, education, innovation and cultural inclusion.

Canadian Cancer Research Alliance (CCRA)

RESOURCE TITLE

Pan-Canadian Framework for Palliative and End-of-Life Care Research

AUTHOR

Canadian Cancer Research Alliance, 2017

CONTACT

Canadian Cancer Research Alliance (CCRA)
1 University Avenue, Suite 300
Toronto, Ontario M5J 2P1 CANADA
Phone: 416-915-9222 ext. 5738
Fax: 416-915-9224
Email: info@ccra-acrc.ca

WEB PAGE/URL

Canadian Cancer Research Alliance, 2017

DESCRIPTION/KEY FEATURES

The CCRA conducts palliative and end-of-life care research in Canada to help inform the development of a strategic research framework with recommendations on how best to build on existing strengths, address gaps, and coordinate investments. Not Indigenous specific, however, recommendations support the need to integrate culturally sensitive models of palliative and end-of-life care, educational resources, and research at the national and provincial level.

SUGGESTED CITATION

Canadian Cancer Research Alliance (2017). Pan-Canadian Framework for Palliative and End-of-Life Care Research. Toronto: CCRA

National Collaborating Centre for Indigenous Health (NCCIH)

RESOURCE TITLE

varies depending on the topic of interest

AUTHOR

NCCIH

CONTACT

Address:
3333 University Way
Prince George, BC
V2N 4Z9
Phone: 250-960-5252
Email: nccih@unbc.ca

DESCRIPTION

The National Collaborating Centre for Indigenous Health (NCCIH) is a national Indigenous organization established in 2005 by the Government of Canada and funded through the Public Health Agency of Canada (PHAC) to support First Nations, Inuit, and Métis public health renewal and health equity through knowledge translation and exchange. The NCCIH is hosted by the University of Northern BC (UNBC) in Prince George, BC. Offers extensive resources from an Indigenous perspective on several health-related topics i.e. Indigenous dementia, chronic diseases, cultural safety Indigenous knowledge and public health, etc.
On the website, they also have a link to several external resources and publications.

WEB PAGE/URL

https://www.nccih.ca/en/ NCCIH knowledge resources and publication library, click the link https://www.nccih.ca/34/Publication_Search.nccih
https://www.nccih.ca/611/Resource_Library.nccih (external resource library)

Government of Canada Canadian Institutes of Health Research (CIHR), The Institute of Indigenous Peoples' Health (IIPH)

NAME OF PROJECT

Indigenous Health Research,The Institute of Indigenous Peoples' Health (IIPH) fosters the advancement of a national health research agenda to improve and promote the health of First Nations, Inuit and Métis Peoples in Canada, through research, knowledge translation and capacity building. The Institute's pursuit of research excellence is enhanced by respect for community research priorities and Indigenous knowledge, values and cultures.

CONTACT

Address: CIHR Institute of Indigenous Peoples' Health
University of Northern British Columbia
3333 University Way Prince George, BC
Canada V2N 4Z9
Phone: To contact the Institute of Indigenous Peoples' Health (IIPH) in the official language of your choice, dial 1-888-603-4178 during CIHR business hours (Monday to Friday, 7:00 a.m. to 8:00 p.m. ET).
Email: IIPH: https://cihr-irsc.gc.ca/e/9093.html

WEB PAGE/URL

https://cihr-irsc.gc.ca/e/52489.html
CIHR: https://cihr-irsc.gc.ca/e/52489.html
IIPH: https://cihr-irsc.gc.ca/e/8668.html

DESCRIPTION/KEY FEATURES

CIHR strives to build respectful and meaningful relationships with First Nations, Inuit, and Métis Peoples through the establishment of research environments that are socially, spiritually, emotionally and physically safe. Engaging with Indigenous Elders, community members, and researchers supports the work of CIHR to further strengthen Indigenous health research in Canada.
The Institute of Indigenous Peoples' Health (IIPH) is one of thirteen institutes of CIHR that supports the advancement of a national health research agenda to improve and promote the health of First Nations, Inuit, and Métis Peoples in Canada, through research, knowledge translation and capacity building. The Institute's research is enhanced by respect for community research priorities and Indigenous knowledge, values, and cultures.

Canadian Institute for Health Information (CIHI)

RESOURCE TITLE

Canadian Institute for Health Information 2023 report, Access to Palliative Care in Canada

CITATION

Canadian Institute for Health Information. Access to Palliative Care in Canada, 2023. Ottawa, ON: CIHI; 2023.

CONTACT

for permission or information, contact CIHI directly

Address: Canadian Institute for Health Information
495 Richmond Road, Suite 600
Ottawa, Ontario K2A 4H6
Phone:613-241-7860
Fax: 613-241-8120
Website:https://www.cihi.ca/en

AUTHOR

CIHI

DESCRIPTION

This report builds on the previous 2018 report which provided the baseline for what we know about palliative care service provision, across settings, in the last year of life. This report expanded data collection to include home care data standards and access to and quality of palliative care in Canada.

WEB PAGE/URL

https://www.cihi.ca/sites/default/files/document/access-to-palliative-care-in-canada-2023-report-en.pdf

Collaboration with Canadian Virtual Hospice, Canadian Partnership Against Cancer & Health Canada

RESOURCE TITLE

A Literature Review & Environmental Scan of The Experiences of First Nations, Inuit, and Métis Peoples with Advanced Cancer Illness and at the End of Life (2019)

CONTACT

Address: Canadian Virtual Hospice
Room PE464, One Morley Avenue
Winnipeg, MB R3L 2P4
E-mail: info@virtualhospice.ca

AUTHOR

Canadian Virtual Hospice.
Developed by Infinity Consulting,
Saskatoon, SK

DESCRIPTION

This document identifies the current needs, disparities, and services available to Indigenous People living with cancer, in Canada. It focuses on current end-of-life care service models and policies, as well as advance care planning. In addition, it includes an extensive directory of Palliative and Advanced Cancer Care Resources Available to Indigenous People & Healthcare Workers Cancer Information and Resources

WEB PAGE/URL

https://www.virtualhospice.ca/Assets/CVH%20IV%20Lit%20review%20final_20201103122024.pdf

Canadian Hospice Palliative Care Association. (2023). Quality End- of-life Care Coalition of Canada (QELCCC)

RESOURCE TITLE

Taking Stock: Determining Palliative Education Needs in Canada An Initiative of the Quality End-of-Life Care Coalition of Canada's Education Committee A Summary/Evaluation Report

CONTACT

Address: Canadian Hospice Palliative Care Association
M332 – 1554 Carling Avenue
Ottawa, ON K1Z 7M4
E-mail:info@chpca.ca
Phone: 613-241-3663
Toll Free: 1-800-668-2785

DESCRIPTION

The QELCCC conducted a survey to take stock of the quality of current palliative care resources available for health care providers to ensure they have the knowledge and skills to deliver high-quality palliative care. The results identified future needs and gaps for learners about tools, training, and resources.

WEBSITE/URL

https://www.chpca.ca/projects/the-quality-end-of-life-care-coalition-of-canada/
https://www.chpca.ca/wp-content/uploads/2021/11/Summary-report_May-14-2021-Final.pd

NOTE

While there appears to be a lack of palliative care education (PCE) aimed specifically for policy-makers, an article by Li et al from 2021 conducted a systematic review of PCE and its effectiveness and found that none of the studies included policymakers as an audience. However, policy-makers may benefit from the resources and courses identified in this catalogue to increase their understanding of palliative care generally and its place in public health, policy and practice.

Citation: Li, W.W., Chhabra, J., & Singh, S. (2021, May). Palliative care education and its effectiveness: A systematic review. Public Health, 194, 96-108. https://doi.org/10.1016/j.puhe.2021.02.033

SECTION IX.

Resources

1. World Health Organization (WHO). 2020, August 5. Palliative Care. Retrieved August 2, 2023. <https://www.who.int/news-room/ fact-sheets/detail/palliative-care>.

2. Figure 1: A Schematic of the Palliative Care Trajectory Source: Improving End-of-Life Care in First Nations Communities Research Team, Lakehead University (2015), Developing Palliative Care Programs in First Nations Communities: A Workbook, Version 1, Retrieved from www.eolfn.lakeheadu.ca. https://eolfn.lakeheadu.ca/wp-content/uploads/2015/07/Palliative-Care-Workbook-Final-December-17.pdf

3. Figure 2: The Indigenous Wellness Framework Source: Prince, H. (2023). *Indigenous Wellness Framework & Palliative Care* is located in the Palliative Care for Front-Line Workers in Indigenous Communities. Centre for Education and Research on Aging & Health, Lakehead University, Thunder Bay, ON. The model was adapted from Elder Jim Dumont, National Native Addictions Partnership Foundation, Honouring Our Strengths: Indigenous Culture as Intervention in Addictions Treatment Project - University of Saskatchewan. (2014). Reference Guide. Bothwell, Ontario: Author. Canadian Institutes of Health Research, Funding Reference Number AHI-120535.

4. Schill, K., & Caxaj, S. (2019). Cultural safety strategies for rural Indigenous palliative care: a scoping review. *BMC palliative care*, 18(1), 1-13. https://doi.org/10.1186/s12904-019-0404-y

5. **Footnote # 7 Citation:** Personal Communication from Kinoshameg, R. Wikwemikong First Nation, 2017 as cited in Prince, H. (2023). *Palliative Care for Front-Line Workers in Indigenous Communities,* Centre for Education and Research on Aging & Health, Lakehead University, Thunder Bay, ON.

6. Funnell, S., Walker, J., Letendre, A., Bearskin, R. L. B., Manuel, D., Scott, M., ... & Tanuseputro, P. (2021). Places of death and places of care for Indigenous Peoples in Ontario: a retrospective cohort study. *Canadian Journal of Public Health*, 1-12. https://doi.org/10.17269/s41997-021-00482-yhttps://pubmed.ncbi.nlm.nih.gov/34008135/#abstract

7. Tjepkema, M., Bushnik, T., & Bougie, E. (2019). Life expectancy of First Nations, Métis and Inuit household populations in Canada. *Health reports*, 30(12), 3-10. https://www.doi.org/10.25318/82-003-x201901200001-eng

8. **Reference/Citation:** Baba, L. (2013). *Cultural safety in First Nations, Inuit and Métis public health: Environmental scan of cultural competency and safety in education, training and health services.* Prince George, BC: National Collaborating Centre for Aboriginal Health. Retrieved from:https://www.ccnsa-nccah.ca/docs/emerging/RPT-CulturalSafetyPublicHealth-Baba-EN.pdf

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