

### *Hospice Palliative Care*

Hospice Palliative Care strives to help a person and families address physical, mental, social, spiritual and practical issues, and identify their expectations, needs, hopes and fears during the end of a person's life.

Hospice Palliative Care also helps to:

- prepare and manage end-of-life choices during the dying process;
- cope with loss and grief;
- treat all active issues and prevent new issues from occurring;
- promote opportunities for meaningful and valuable experiences; and
- create personal and spiritual growth.

The Hospice Palliative Care vision is to help improve the quality of hospice palliative care to help ease the suffering of a dying person, it is important for someone to live life fully until death. It is also important to ensure their loved ones are being assisted through the grief and bereavement.

In 2011, the province of Ontario worked with the more than 80 partners across the palliative care system to review their work and practices.

The following vision for palliative care in Ontario was created:

*Adults and children with progressive life-limiting illness, their families and their caregivers will receive the holistic, proactive, timely and continuous care and support they need, through the entire spectrum of care both preceding and following death, to:*

- *help them live as they choose, and*
- *optimize their quality of life, comfort, dignity and security.*

Palliative care system transformation is a priority for all the LHINs. At the end of the three year plan the desire goal is:

1. Increase the number of Ontarians who receive palliative care outside acute care.
2. Improve the palliative care experience for clients and caregivers.

The South East LHIN and the South East Hospice Palliative Care Steering Committee created a Regional Work Plan for 2015-2018. Four key priorities for improvement are highlighted below:

#### **Priority One**

Strengthen skills being used by local communities providing hospice palliative care

- Goal: Health care providers will provide the right care throughout the palliative and end of life care journey for patients and their families/caregivers

#### **Priority Two**

Create tools that identify potential patients that could benefit from hospice palliative care\* support and services

- Goal: Patients and families are involved in their palliative care plan through the journey before reaching end of life

### **Priority Three**

Increase the understanding and performance of Health Care Consent and Advance Care Planning

- Goal: Patients are informed by the current Health Care Consent and Advance Care Planning information. People are encouraged to have conversations about future health care decisions with their Substitute Decision Maker(s).

### **Priority Four**

Strengthen caregiver support including bereavement

- Goal: Families and informal caregivers feel supported by the healthcare system in their palliative care journey, including support in their grief and bereavement

The work plan developed from over 25 engagement sessions held across the south east. Participation involved health care providers, community members, volunteers, caregivers and patients. A survey was completed from the sessions that provided feedback on the priorities and identifying the gaps and challenges in the area.

Currently, a number of initiatives have been widely successful in our region. This includes the Symptom Response Kits program, the formation of the Hospice Palliative Care Working Groups within three Health Links, and the alliance of five palliative care Nurse Practitioners.

The South East Hospice Palliative Care Steering Committee is creating a working group to lead and start activities relating to the four key priorities across our region. These groups will work together with the regional Health Links and build relationships with important stakeholders to move priority initiatives forward.

The South East LHIN and the South East Hospice Palliative Care Steering Committee continue to look for opportunities to develop the quality of hospice palliative care for all our residents in our region.