



# SPA-LTC

Strengthening a Palliative Approach  
in Long-Term Care

## Who is the SPA-LTC Alliance?

The **Strengthening a Palliative Approach in Long-Term Care Alliance** is a national collaboration of people who aim to improve the quality of living and dying within long-term care homes. The Alliance is led by Dr. Sharon Kaasalainen (McMaster University) in partnership with Dr. Mary Lou Kelley. The project and funding are based at McMaster University.

The Alliance includes researchers, long-term care and palliative care experts, educators, service providers, family caregivers and collaborators with expertise in diverse contexts. Our Alliance builds on twenty years of experience by Alliance members building capacity for palliative care in long-term care homes and First Nations communities nationally.

The Alliance recently received five years of project funding from Health Canada to gather together, create and distribute the best tools and resources for delivering the palliative approach within long-term care across Canada. The SPA resources will support direct care, program development and staff training. These resources will be consolidated in an accessible way on a national website currently under (re)development ([www.spaltc.ca](http://www.spaltc.ca)). We also plan to align them with the new national Accreditation Standards for Long-Term Care homes.

## What is our Vision?

We want residents to live comfortably in their long-term care home, right until the end of their lives. We want staff to feel prepared, confident and supported in providing palliative and end-of-life care. We want families to feel satisfied with the care provided and emotionally supported.

## What are we Doing and How Can You Get Involved?

We have created a website and are developing and sharing resources that suit the diverse needs of regions, cultures, genders and languages ([www.spaltc.ca](http://www.spaltc.ca)). We have launched a national community of practice in collaboration with the Canadian Hospice Palliative Care Association. This vibrant group meets monthly

(virtually) to hear presentations and discuss issues related to providing a palliative approach in long-term care. Everyone interested can join this group.

**To join the Long-Term Care Collaborative, please click this link:**

**<https://spaltc.ca/get-in-touch>**

### **We are inviting new members to join our SPA-LTC Alliance**

The Alliance will meet periodically to guide the development and sharing of our resources. We are also creating working groups that will include family advisors, health care providers, content experts, regional advisors, and cultural advisors. We welcome a diverse group of members in these groups. Please consider joining.

**To learn more about joining SPA-LTC's Alliance email Sally Shaw, Project Manager**

**Email: [burtens@mcmaster.ca](mailto:burtens@mcmaster.ca) or via SPA-LTC on social media)**

### **We are inviting members to join SPA-LTC's Indigenous Long-Term Care Network**

To acknowledge the distinct world view and experience of First Nations, Inuit and Métis communities, we have dedicated funding for an Indigenous Long-Term Care Network and facilitator to work with the Network. The Network would meet virtually to facilitate peer exchange and learning, share members' knowledge, experience and promising practices, facilitate access to SPA-LTC resources and the website, and create new culturally appropriate resources. We are seeking interested people from Indigenous communities and Indigenous organizations who provide long term care to join this Network.

**To learn more about joining the Indigenous LTC Network, contact Mary Lou Kelley**

**Email: [mlkelley@lakeheadu.ca](mailto:mlkelley@lakeheadu.ca) or via SPA-LTC on social media**



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