



SPA-LTC

NEWSLETTER

Summer 2023

INTRODUCING OUR SPA-LTC PARTNER WORKING GROUP (PWG)

The PWG was established in September 2022 and brings together community representatives who have lived experience caring for a loved one at the end-of-life in a long-term care home. PWG members come with a variety of life skills, knowledge, and key perspective on caregiving, navigating our health care systems and end-of-life. With their valued contributions, partners strengthen the validity of the Palliative Approach to Care at the End of Life, SPA-LTC materials, and training interventions to align with the needs, questions, and concerns of family members. Their contributions also help to inform professionals utilizing our resources and inform future areas of research.

Follow us over the course of the next couple of newsletters as we shine a spotlight on our PWG members!

INTRODUCING A SPA-LTC PARTNER WORKING GROUP ADVISOR: PAM HOLLIDAY

My name is Pam, and I am a family caregiver for my mom, who has dementia, and has been in a nursing home for 6 years.

I joined the SPA-LTC Partner Working Group (PWG), as a family advisor at its initiation in 2022. This was a natural progression from my previous involvement as a family advisor on the Strategic Guiding Council with the [mySupport Study](#) – focused on reducing family carer decision-making uncertainty at the end of life of persons living with dementia in long-term care homes.

Being part of the PWG provides me with a continued opportunity to share my knowledge and experience as a family caregiver, assist with the implementation and dissemination of knowledge regarding a palliative approach to care at the end-of-life to other fellow family members, patients, professionals, and researchers, and to support and learn from other family advisors and researchers.



Currently, the PWG is reviewing the [SPA-LTC website](#) and developing the 'family and friends' section to provide tailored resources that are easily accessible, in plain language and that provide practical tools to use to support comfort care at end of life.



INTRODUCING A SPA-LTC PARTNER WORKING GROUP

ADVISOR: MARLENE MOORMAN

My name is Marlene Moorman, and I am part of the SPA-LTC Partner Working Group. I am a retired RN who has traveled the path of having a mom live in LTC and pass away.

Currently my dad's reality is growing dementia. I joined the PWG last fall because I have realized the value of being in community and sharing our experiences.

Through this group I am learning to redefine and value the things that can make living in LTC better. I believe that learning from each other we can find a better way to care.

This photo is from a few years ago when I was still unaware of how debilitating dementia is and I strong-armed dad into taking a trip with me. Now a road trip is pretty disconcerting for him and we find our joy near his home.



CLOSE-UP ON NEW BRUNSWICK HEALTHY SENIORS PILOT PROJECT

The [Healthy Seniors Pilot Project \(HSPP\)](#) is a three-year-long agreement between the Government of New Brunswick and the Public Health Agency of Canada. This \$75 million agreement aims to fund projects which implement evidence-based practices that ameliorate the quality of life and care experienced by aging Canadians.

The SPA-LTC team is proud to say that nurse researchers at the University of New Brunswick (UNB) and Université de Moncton (U de M) have been awarded funding for a Healthy Seniors Pilot Project to scale-up the SPA-LTC program throughout the province.

Dr. Pam Durepos (UNB) and Dr. Caroline Gibbons (U de M) will be spearheading this 18-month project. In March 2022, after consulting with representatives from

Pallium Canada, the team initiated a plan for a province-wide [LEAP education program](#). New Brunswick is home to 71 long-term care facilities, and with this monetary support, and the hard work and expertise of this team, we are confident that the SPA-LTC program will accomplish more incredible things for the people of New Brunswick.





CLOSE-UP ON BRITISH COLUMBIA

NORTH OKANAGAN HOSPICE SOCIETY



North Okanagan
**HOSPICE
SOCIETY**

As part of the situational analysis conducted in British Columbia, the SPA-LTC program has established a collaboration with the [North Okanagan Hospice Society \(NOHS\)](#).

In 1984, the Society was established as a non-profit organization dedicated to assisting individuals with a palliative diagnosis, their loved ones, and those who have experienced loss. Originally starting as a modest volunteer-based group with a visiting initiative, the Society has since gained recognition as a frontrunner in the advancement and provision of comprehensive hospice palliative care services.

This connection is invaluable to our team as we learn about British Columbia's unique long-term care landscape. Eighty-four individuals involved in long-term care from across five of BC's health authorities were surveyed. Currently, a document is being completed by the SPA-LTC team to direct our partners in BC to local tools and resources which will further support their palliative approach.

INDIGENOUS ARM OF THE SPA-LTC PROJECT & OUR PARTNERSHIP WITH SE HEALTH



**First Nations, Inuit
& Métis Program**

The SPA-LTC program has been conducting a situational analysis of the Indigenous arm of this project. The goal is to listen to and engage with the Canadian Indigenous LTC community to gain a more holistic understanding of their unique knowledge and expertise in palliative care practices. Additionally, we aim to use what we learn from this outreach to support Indigenous long-term care homes with the resources they need.

- A collaboration with the [SE Health First Nations, Inuit and Métis Program](#) has facilitated this endeavor. They have surveyed Indigenous individuals involved in long-term care and they have also received funding from Indigenous Services Canada and Health Canada to initiate national discussions about palliation and medical care at the end-of-life.
- Furthermore, members of the SPA-LTC team have met in-person with the Manitoba Indigenous Care Home Network to introduce the project, the result of which prompted their participation. Moving forward, we are excited to attend and present at their provincial conference this upcoming Fall.
- In New Brunswick, our team had a meeting with a representative from an Elder's group, who showed keen interest in our collaborative efforts and ongoing discussions about palliative and end-of-life care.