



# SPA-LTC ALLIANCE NEWSLETTER

**WINTER 2024-2025**

## THANK YOU!

As we transition into a new year, we would like to thank the entire team for the contributions you have made to the SPA-LTC program. SPA-LTC is able to strengthen a palliative care approach in LTC homes because of you and your tireless work. So thank you!

## Sneak Peek into 2025

- There are discussions with with three other provinces/territories to potentially start a situational analysis in those regions.
- SPA-LTC is hosting a webinar series. Please see the advertisement below and share within your networks. To register for the second speaker, click [here](#).
- SPA-LTC will continue its podcast series in 2025 with some fantastic guest speakers. Stay tuned to hear more about this.
- A caregiving page is being developed for the SPA-LTC website based on the feedback and collaboration with the Partner Working Group

## Champion lead making headway in Alberta

Lisa Bailey joined SPA-LTC as a champion lead in January 2024 but has quickly made substantial progress within the program. She has contacted over 192 long-term care homes or organizations. Outreach continues to be an ongoing process.



Lisa has been working with two phenomenal long-term homes in Alberta. Generations is privately owned and Canmore General Hospital Golden Eagle View Long Term Care Unit is provincially funded. Generations is currently implementing e-learning modules from SPA-LTC and Canmore is at the beginning stages of implementing the program.

Congratulations on all you have accomplished, Lisa. We can't wait to see the inroads you make in 2025.

# Spotlight on Golden Eagle View Long-Term Care



Lisa has been working with the Golden Eagle View Long Term Care Unit at the Canmore General Hospital. It is a 23 bed Type A continuing care facility in the community. Kathie Scheel is Canmore's long-term care (LTC) manager and educator.

Kathie was introduced to SPA-LTC after attending a presentation that Lisa provided to the Calgary Rural LTC Educators. Kathie was inspired by the presentation and shared samples of the resources at a resident/family council meeting. Families and staff were keen to learn more about it.

Lisa and Kathie worked together and developed a plan for implementing SPA-LTC in Canmore. During the planning stage, Lisa met with the palliative champion team lead and the nursing team. The palliative champion team and staff are eager to collaborate to improve a palliative approach at Golden Eagle View LTC.

## Spotlight on Generations

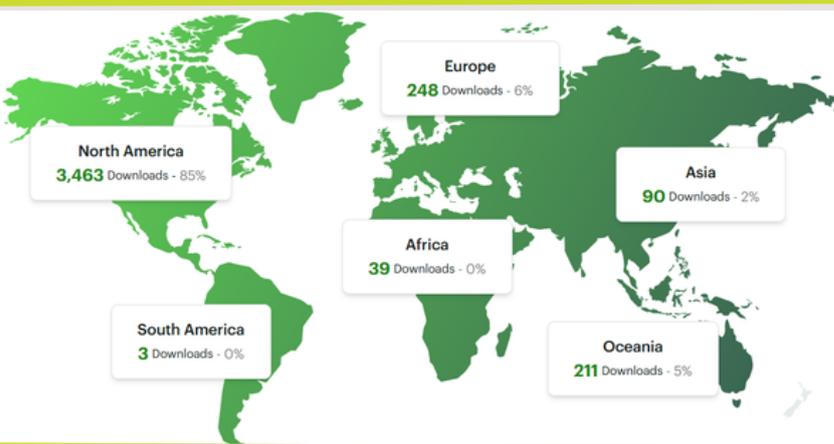
Generations Calgary is a not-for-profit Campus of Care that is home to 180 residents, living in Long-Term Care (Type A) or Supportive Living (Type B).

In the winter of 2024, Generations launched an e-learning initiative. Staff were asked to complete one module from the Family-Centered Care education modules or the SPA-LTC per month during their shifts. Each module is followed by a debriefing session to solidify learning and application in daily care practices.

The e-learning modules have been instrumental in supporting staff at Generations to have earlier discussions about palliative care and have more confidence and compassion when providing palliative care to residents. Furthermore, the staff also recognize their role in ensuring quality of life through attention to detail and meaningful interactions. By focusing on the individual needs of the resident, this equips staff with the skills to provide exceptional, person-centered care throughout a resident's journey.



# Podcast is moving up the charts



The Strengthening a Palliative Approach to Long-Term Care podcast has steadily been gaining attention since its launch in December 2021. This podcast highlights unique ways to improve care for individuals living in LTC, from various perspectives.

To date, there are 37 podcasts available with over 4,000 total downloads. Episodes have been downloaded in 600 cities globally and over 40 countries. To see the distribution of downloads internationally, refer to the image above. This year, the SPA-LTC podcast ranked #7 on both the [15 best long-term care podcast list](#) and the [20 best nursing home podcast list](#). If you want to listen to the podcast, please click [here](#).



## Close-up on the Maritimes



### Nova Scotia

A big thank you to Nova Scotia Department of Seniors and Long-Term Care who financially supported the Strengthening a Palliative Approach in Long-Term Care project. The funds are provided through the Canada-Nova Scotia Aging and Dignity Funding Agreement. The funding will enable all staff in Long-Term Care across Nova Scotia to develop capacity and lead change in palliative care within their organization. This project will benefit residents living in long-term care and their families to receive high-quality palliative care.

### New Brunswick

Dr. Pam Durepos (UNB) and Dr. Caroline Gibbons (U de M) received funding for Phase 2 of their grant through bridge funding from the Healthy Seniors Pilot Project. They will expand the implementation of the SPA-LTC program in New Brunswick. This includes working alongside LTC leaders and healthcare providers to refine policies for a standardized palliative care program, working to sustain a palliative care program in LTC and increase access to palliative care.



# Introducing our Newest Team Members

## Zelda Freitas

Zelda Freitas is a graduate from McGill with a Bachelor's and Master's degree in Social Work. She is on the McGill Council on Palliative Care and is an adjunct Professor at the McGill University School of Social Work. She is presently a clinical advisor with Multidisciplinary services at a Montreal healthcare network and formerly worked at the Centre for Research and Expertise in Social Gerontology (CREGÉS).



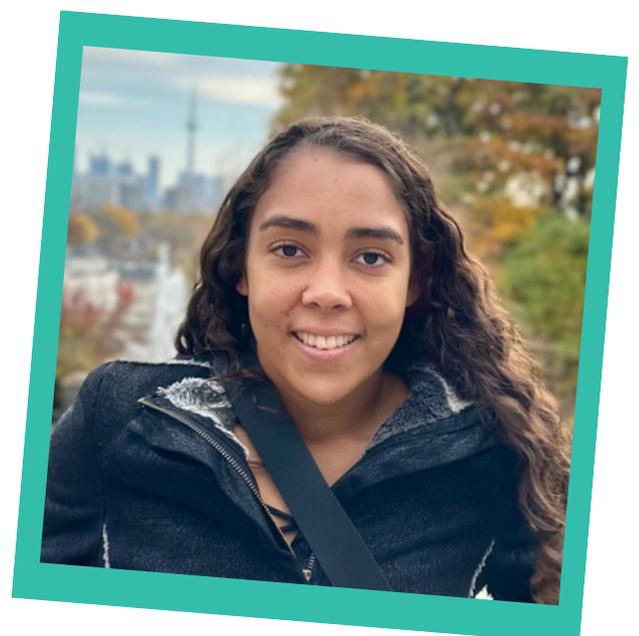
## Patrick Durivage

Patrick holds a masters in Social Work and a Bachelors in psychology from the University of Montreal. Like Zelda, Patrick has worked as a researcher-practitioner in palliative care at CREGÉS. Patrick finished his two mandates at the Quebec End-of-Life Care Commission and is involved with the McGill Council on Palliative Care.



## Megan Campbell

We also want to introduce Megan Campbell who is the new research coordinator for SPA-LTC. Megan graduated with a BSc in Bio-Medical Science and an MSc in Epidemiology from the University of Guelph. Megan has completed previous research into mental health for marginalized populations.



# WEBINAR SERIES

## CHALLENGING THE STATUS QUO: EMBRACING INNOVATIVE DEMENTIA CARE ENVIRONMENTS IN CANADA

16 JAN | 12PM ET

*Elroy Jespersen*

THE FIRST DEMENTIA VILLAGE IN CANADA: THE VILLAGE LANGLEY STORY

20 FEB | 12PM ET

*Andrew Karesa*

WHERE TRADITION MEETS INNOVATION: BUILDING A NEW PARADIGM FOR DEMENTIA SUPPORT WITH BLUEBELL VILLAGE

20 MARCH | 12PM ET

*Scott McCarten*

HOME FOR US: BUILDING A NEW LONG-TERM CARE MODEL AND ENVIRONMENT

17 APRIL | 12PM ET

*Habib Chaudhury*

DEVELOPING SUPPORTIVE PHYSICAL ENVIRONMENT IN LONG-TERM CARE SETTINGS: PRINCIPLES AND PRACTICES

15 MAY | 12PM ET

*Neda Basharat  
& Tony Ross*

SMALL: INNOVATION IN LONG-TERM CARE DESIGN FOR SENIORS WITH DEMENTIA

FREE REGISTRATION  
REQUIRED



[www.spaltc.ca](http://www.spaltc.ca)

