

### Advance Care Planning Day—April 16, 2019

#### What is Advance Care Planning about:

1. Confirming your Substitute Decision Maker(s), the person who will speak for you when you cannot.
2. Communicating your wishes, values and beliefs about personal care to your Substitute Decision Maker(s) to assist them in making decisions for you if you become mentally incapable of doing so.

Did you know, by law, EVERYONE in Ontario has a Substitute Decision Maker (SDM) – even if they haven't chosen one. It is important for you to know who your SDM would be and share your wishes. Learn more on Substitute Decision Makers (SDM) [HERE](#).

For more information, tools and resources visit:  
[www.speakupontario.ca](http://www.speakupontario.ca).



### Expression of Interest Call for Health Care Consent & Advance Care Planning Community of Practice—Regional Champions

The Hospice Palliative Care Ontario (HPCO) Health Care Consent and Advance Care Planning Community of Practice is currently seeking additional Regional Champions to fill vacancies across multiple LHIN regions. Regional Champions are recognized champions in Health Care Consent and Advance Care Planning (HCC ACP) in Ontario. They are appointed individuals from each LHIN area that have a voluntary role for promoting and implementing HCC ACP within their geography ideally at a regional level. They help to support HCC ACP initiatives in their LHIN region.

HCC ACP Community of Practice Regional Champions are connected to other influential HCC ACP advocates across Ontario to engage in information exchange, knowledge transfer and the advancement of synergistic projects regarding HCC ACP initiatives within the Ontario legal framework.

Applications for Regional Champions are now being received until Monday, May 6th, 4:00 PM. Click [here](#) for more details. If you have any questions, please send them to Nav Dhillon at [ndhillon@hpcn.ca](mailto:ndhillon@hpcn.ca).

## National Carers Day —April 2, 2019



For 2019 National Carers Day, we are increasing awareness on the vital role of caregivers and supports available to enhance Caregivers' Experiences of Palliative Care in Canada. The theme this year reinforces a national health care policy priority "how palliative care is provided in Canada" and builds on the December 2018 release of the [Framework on Palliative Care in Canada](#). Together, let's recognize caregivers in your life and do our part to support them to be healthy and connected.

Read about caregiver's perspectives on home-based palliative care [HERE](#).

### Caregiver Support

The Hospice Palliative Care Ontario (HPCO) team is excited to announce the launch of the **Caregiver Modules**, available at <http://www.caregiversupport.hpcoco.ca/>. The goal for these modules is to provide informal caregivers with support, resources, and information they need to be the best caregiver they can be.

There are a wide range of topics available for caregivers from learning how to deal with their own emotions, to learning how to make tough decisions, and being able to meet the appropriate physical, spiritual and cultural needs for the individual they are taking care of.

Anyone wishing to access the modules can do so by visiting the web page online, downloading the PDFs, or even listening along to the transcribed audio clips. The modules are free to access and available in English and French. In addition, a module specific to First Nations communities was developed to acknowledge the many different values, beliefs, and practices across and within Indigenous communities. The First Nations module can be accessed via the same link.

If you have any questions, please send them to Nav Dhillon at [ndhillon@hpcoco.ca](mailto:ndhillon@hpcoco.ca).

Visit our Caregiver Support page on the [South East Regional Palliative Care Network website](#) to learn more about local resources. You will also find there a link to download a PDF copy of "A Caregiver's Guide: A Handbook of End of Life Care".



[Click here for Regional Round-Up available online.](#)

## Palliative Care Education Opportunities

We have a newly updated **education calendar** on the South East Regional Palliative Care Network website. This calendar will be updated regularly through-out the year so you can see what courses are coming up in the region. If you have courses to add or feedback with respect to content, format or other aspects of the calendar, please let us know by sending an email to [SouthEastPalliativeCare@lhins.on.ca](mailto:SouthEastPalliativeCare@lhins.on.ca).

Here is a link to the calendar: [www.serpcn.ca/education](http://www.serpcn.ca/education)

### **FUNDAMENTALS OF HOSPICE PALLIATIVE CARE**

**CORE FUNDAMENTALS** an eight-week program for those working in the health system interested in developing their capacity in hospice palliative care.

**NORTHBROOK** – May 2, 16, 30 —Registration deadline: **April 12, 2019**

[Program information](#) and [registration](#)

*Enhanced Fundamentals:* June 13, 2019

**BROCKVILLE** – May 21, June 11, 25 —Registration deadline: **May 13, 2019**

[Program information](#) and [registration](#)

*Enhanced Fundamentals:* July 9, 2019

**TRENTON** – July 10, 24, August 7 —Registration deadline: **July 3, 2019**

[Program information](#) and [registration](#)

*Enhanced Fundamentals:* August 21, 2019

**GLENBURNIE** — August 8, 29, Sept. 12— Registration deadline: **July 29, 2019**

[Program information](#) and [registration](#)

*Enhanced Fundamentals:* Sept. 26, 2019

### **CAPCE (COMPREHENSIVE ADVANCED PALLIATIVE CARE EDUCATION) CORE**

The CAPCE program is open to Nurse Practitioners, Registered Nurses and Registered Practical Nurses. The prerequisite for registration in CAPCE is the successful completion of the Fundamentals Enhanced program OR the previous Level 1 palliative care course.

**BROCKVILLE** – May 22, June 21, August 14— Registration deadline: **May 1, 2019**

[Flyer](#), [brochure](#) and [registration](#)

### **LEAP (LEARNING ESSENTIAL APPROACHES TO PALLIATIVE CARE)**

**LEAP** provides interprofessional learners with the essential, basic competencies of the palliative approach to care.

[LEAP Core Brochure](#)

[LEAP Long-Term Care Brochure](#)

We will be offering 4 LEAP courses in 2019-20. If you are interested in attending or hosting a LEAP session this year, please let us know by sending an email to [SouthEastPalliativeCare@lhins.on.ca](mailto:SouthEastPalliativeCare@lhins.on.ca).

### **Champlain Hospice Palliative Care Program's 29th Annual Education Day**

Full day of keynote speakers, workshops and networking on the theme of *Whole Person Care*.

**OTTAWA**—May 9, 2019 —Early bird registration deadline: **April 11, 2019**

[Program information](#) and [registration](#)

For more information visit:  
[www.serpcn.ca](http://www.serpcn.ca)

## Ontario Indigenous Cultural Safety Program

The Ontario Indigenous Cultural Safety (ICS) Program's Core ICS training is an interactive and facilitated online training program for professionals working in the Ontario health system. It addresses the need for increased Indigenous cultural safety within the system by bringing to light service provider biases and the legacies of colonization that continue to affect service accessibility and health outcomes for Indigenous people.



If you are interested in taking the online ICS training, please connect with our ICS LHIN contact, Tracy Laporte, for registration support at [tracy.laporte@lhins.on.ca](mailto:tracy.laporte@lhins.on.ca). Learn more at [www.soahac.on.ca/ICS-training](http://www.soahac.on.ca/ICS-training).

## In the News

### [We should care more about caregivers](#)

CMAJ

"Every day, about 28% of Canadians provide care for a family member, friend or neighbour, and nearly half will do so at some point..."

### [Changing attitudes, improving lives](#)

BMJ

Palliative care has an image problem: patients and families have negative views about receiving it, and those who need it commonly enter care reluctantly or too late...

### [Advance care planning—who is on your team?](#)

InsideHalton

Research suggests that almost 50 per cent of Canadians have not discussed end-of-life care with a loved one. Again, as someone who works in palliative care, I can attest to the fact that those who have had these discussions require fewer interventions at the end of life and place much less strain on caregivers.

### [Palliative care team helps the homeless die 'with dignity,' a healing circle helps them grieve](#)

CBC

How this 'street family' relies on each other to recover after losing patients...

### [Bird feeders, flower boxes bring joy to palliative care patients](#)

CBC

"As simple as it sounds, it gives the patients, if they're in the bed or if they're in their chair in their room, it gives them something to just look out at and see," he said.



Annual Conference  
April 28-30, 2019  
Richmond Hill, ON



For more information visit:  
[www.serpcn.ca](http://www.serpcn.ca)