



British Columbia
HOSPICE
PALLIATIVE CARE
Association

2020 British Columbia Election

Did you know:

- Hospice palliative care is about living well to the end of life.
 - What we hear over and over again is that once someone receives hospice palliative care, the suffering is eased – physical, mental and emotional – and the family and loved ones are supported and can focus on each other once again, and share an important last chapter of life.
- Demand for hospice palliative care is increasing rapidly due to the ageing population.
 - Not everyone who dies is elderly, but the ageing population means more of us will be dying and requiring care.
 - Only 3% of Canadians die suddenly, the vast majority know they are dying and could benefit from hospice palliative care.
- Hospice palliative care provided at home or in a home-like setting in the community is desirable and cost-effective care.
 - Most people do not need hospital care at the end of life.
 - People want to stay home and they can with the help of visiting hospice volunteers, palliative home care and interdisciplinary teams helping to troubleshoot concerns and avoid unnecessary trips to the hospital.
 - And a Hospice House bed is less than half the cost of a hospital bed
- Hospice palliative care helps those in care and their families make better and informed choices about treatment options.
 - Sometimes people are offered or recommended treatments that may not be needed or desired.
 - Prolonging life at the cost of quality life is sometimes the result of some treatment options.
- It's not just medical support, but also psychological, social, practical and spiritual support.
 - Pain and symptoms are managed, helping people to stay out of the ER and hospital, but also practical help is provided with looking after themselves, their home and affairs.
 - Psychological and social issues are normal at the end of life and help is provided to ease these worries.
- Support is also provided to family and caregivers relieving stress and promoting well-being during a difficult time.
 - Families and caregivers are not only given bereavement support but also the physical and psychological supports help them manage their feelings and the demands on them as end of life nears, and bereavement.
 - They are able to focus on their loved one and enjoy the precious time left together

- o Story – i.e. “When my husband went into a hospice house, I stopped being just his caregiver and became his wife again.”
 - o Once people get the support they need and see that their families and caregivers are relieved, then they are much calmer and happier.
- Quality hospice palliative care helps people live well to the end of natural life wherever they are -- at home, in residential hospice, in long term care or in hospital.
 - o Visiting hospice volunteer services help people stay at home sometimes to the very end of life, with holistic supports for both patients and their family and caregivers.
 - o Residential hospices support patients and families when home is not possible and hospital is not needed.
- Volunteers in hospice palliative care are part of the team. They are an essential component of the continuum of care in the communities they serve and at Hospice Houses.
 - o Story - Highlight your hospice volunteers and roster
 - o Hospice Volunteers are well trained with over 30 hours of onboarding training and 20+ annual training in order to provide quality care to those nearing end of life.
 - o Most volunteers have either received care from hospices in the past or know of someone that has, which translated to our volunteers having passion and dedication in the work they do.
 - o Retention of volunteers in the hospice palliative care community is one of the highest in the voluntary sector at 7.2 years of service.
 - o In BC, our volunteers have provided over 209,470 of hours last year at a cost savings of \$5.6 million to our healthcare system.
- It’s important to raise awareness about options for care and for people to talk to their families and primary caregivers about their values when it comes to end of life.
 - o People aren’t always comfortable talking about dying and death, but we are all going to die and it’s important to have conversations with the people closest to us about what we would want at the end of life.

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