



FOR IMMEDIATE RELEASE

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Celebrating Hospice Palliative Care Week in Moose Jaw

Only 16-30% of Canadians who die currently have access to or receive hospice palliative care and end-of-life services – regardless of where they live in Canada. Even fewer than this receive grief and bereavement services. Many Canadians are unsure what to expect as they near the end-of-life, highlighting the importance of both advanced care planning and hospice palliative care services for both patients and their families.

The Canadian Hospice Palliative Care Association has declared May 1-7, 2016 as Hospice Palliative Care Week, with the theme “Let’s Talk About Hospice Palliative Care First”. The goal is to start talking about hospice palliative care early, before the individual needs such care. This can only happen if every Canadian has access to hospice palliative care.

Heartland Hospice Moose Jaw is encouraging everyone to participate in Hospice Palliative Care week by raising awareness throughout the city and province. Here are some ways to get involved:

- 1) Familiarize yourself with the current situation in Canada at www.chpca.net/hpcfist and share this information with your friends and family.
- 2) Speak to your health care professional, local health authority, or hospital about the importance of hospice palliative care in the Five Hills Health Region.
- 3) Write a letter to the editor, your local MLA, or MP advocating for access to high quality end-of-life care.
- 4) Take some time to develop your Advanced Care Plan and record your Advance Directive to communicate your wishes. You can find many resources, including a workbook at www.advancecareplanning.ca

Hospice Care takes place in an environment where the care approach is holistic and helps families face life-limiting illness with dignity and comfort surrounded by a circle of support. This care can take place in the home or in a designated hospice facility. Heartland Hospice Moose Jaw is committed to providing compassionate, holistic care to those nearing the end of their physical life. The Heartland Hospice vision is to support, educate, and empower hospice clients and their families through networking, public and professional education, advocacy, and community involvement. More information can be found online at www.heartlandhospice.ca.