

## An Overview of Hospice Care in the Cariboo

### Purpose of Hospice Care

To provide individuals of all ages diagnosed with terminal illness or at the end of their lives a dignified and compassionate end of life, as well as to support their families ([Canada.ca](https://canada.ca)).

### Hospice Care as defined by Interior Health

Hospice palliative care is a philosophy of care and services which help relieve suffering and improve quality of life for people with a life-limiting illness. Hospice palliative care does not hasten or delay death. Hospice palliative care is about access to the best possible quality of life at the end of life.

Hospice care can include:

- Care to help relieve symptoms such as pain, nausea, shortness of breath, fatigue, insomnia,
- Information on services and care options, legal and financial matters,
- Teaching for families on how to provide or assist with care,
- Spiritual support,
- Emotional support,
- Referrals to available services, such as volunteers or counseling.

### Types of Hospice Care

- Routine home care,
- Continuous home care,
- General inpatient care,
- Children's hospice,
- Grief and bereavement services for family members,
- Therapies (music, spiritual, emotional, group etc.).

Hospice services in the Cariboo Regional District			
Provider	Location and service region	Who are the hospice clients?	What programs does the hospice provide?
<b>100 Mile District Hospice</b>	<i>100 Mile District General Hospital, 555 Cedar Ave, est. 1985</i>	<ul style="list-style-type: none"><li>• Adults in the South Cariboo, who are suffering from life</li></ul>	<ul style="list-style-type: none"><li>• Library of resources,</li><li>• Stress Relief in Palliative Care and Bereavement,</li><li>• Healing Touch,</li></ul>

<b>Palliative Care Society</b>	Services the 100 Mile District, including Lac La Hache, Bridge Lake and other districts	<p>threatening illness and who are referred either by themselves, a family member or a member of the patient care team,</p> <ul style="list-style-type: none"> <li>• Their families, meaning whoever the client views as their family,</li> <li>• Any adult member of the community who needs resources relating to death and grief.</li> </ul>	<ul style="list-style-type: none"> <li>• Palliative Massage,</li> <li>• Grief Groups,</li> <li>• Palliative Care Suite, Palliative Care equipment for home and facility use.</li> </ul>
<b>Williams Lake Hospice Society</b>	<p><i>Deni House, 517 6<sup>th</sup> Ave N., Williams Lake</i></p> <p>Services Williams Lake and the Central Cariboo</p>	<ul style="list-style-type: none"> <li>• Adults in the Central Cariboo, who are suffering from life threatening illness and who are referred either by themselves, a family member or a member of the patient care team,</li> <li>• Their families, meaning whoever the client views as their family,</li> <li>• Any adult member of the community who needs resources relating to death and grief.</li> </ul>	<ul style="list-style-type: none"> <li>• Two Bed Palliative Care Unit, including a furnished family room,</li> <li>• Anticipatory Grief and Bereavement Support packages,</li> <li>• Medical sheepskins and other comfort items for loan to clients and their families,</li> <li>• Library of media resources available to clients, their families, volunteers and the general public,</li> <li>• Volunteer training.</li> </ul>
<b>Quesnel &amp; District</b>	<i>Dunrovin Park Lodge</i>	<ul style="list-style-type: none"> <li>• Adults in the North Cariboo,</li> </ul>	<ul style="list-style-type: none"> <li>• Advanced care planning,</li> </ul>

<b>Hospice Palliative Care Association</b>	<p><i>900 St Laurent Avenue, est. 1985</i></p> <p>Services the Quesnel area and the North Cariboo</p>	<p>who are suffering from life threatening illness and who are referred either by themselves, a family member, or a member of the patient care team,</p> <ul style="list-style-type: none"> <li>• Family members of clients.</li> </ul>	<ul style="list-style-type: none"> <li>• Grief, Bereavement, Mental Health,</li> <li>• Spiritual care,</li> <li>• Resources (media, grief, death, bereavement),</li> <li>• Volunteer services,</li> <li>• Community awareness events.</li> </ul>
<b>Northern Health</b>	<p>Services the Northern Health region</p> <p>Provides support to palliative services provided at Dunrovin Park Lodge, Quesnel</p>	<ul style="list-style-type: none"> <li>• Northern Health offers access to publicly subsidized hospice beds located in long-term care facilities. Hospice beds are available to those people with progressive life-limiting illnesses.</li> </ul>	<ul style="list-style-type: none"> <li>• Care to help relieve symptoms such as pain, nausea, insomnia, etc.</li> <li>• Information on services and care options, legal and financial matters,</li> <li>• Teaching for families on how to provide or assist with care,</li> <li>• Emotional support,</li> <li>• Referrals to available services, e.g. volunteers, counseling.</li> </ul>
<b>Interior Health</b>	Services the Interior Health region		<ul style="list-style-type: none"> <li>• Only IH hospice service in the region is the 100 Mile District General Hospital (service described above).</li> </ul>
<b>First Nations Health Authority</b>	FNHA plans, designs, manages and funds the delivery of First Nations health programs across B.C.		<ul style="list-style-type: none"> <li>• FNHA supports nurses with resources to assist with a dignified and peaceful “expected home death” for First Nations individuals,</li> <li>• Has developed extensive advanced care planning resources for individuals and families (<a href="https://www.fnha.ca/what-we-do/healthy-living/advance-care-planning">https://www.fnha.ca/what-we-do/healthy-living/advance-care-planning</a>),</li> <li>• No physical space, care based largely on support resources available</li> </ul>

			(advance care planning tools, etc.).
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#### Context for hospice care in the Cariboo

- **Care bed availability in the Cariboo:** 2 palliative care beds in Williams Lake, 3 dedicated palliative beds and 3 respite beds for community use in Quesnel, and equipment for home care and 4 care beds are available in 100 Mile House
- **Total number of beds is:** 12 beds
- There is a large array of hospice services, such as at-home, children's and Indigenous hospice care, that can be offered. Currently, in the Cariboo, hospice services generally support people over the age of 70 and there are no specialized palliative services provided (e.g. children's or Indigenous centred hospice care)