



# the power of 10

## LET'S TALK ABOUT HOSPICE PALLIATIVE CARE

ONE OF THE BEST WAYS to spread an important message is through your social circles, your own sphere of influence. National Hospice Palliative Care Week's official theme for 2015 is **The Power of 10: Let's talk about Hospice Palliative Care**. We urge you to talk with 10 people — friends, family, acquaintances — about the importance of quality hospice palliative care in Canada. Our hope is that this critical message will be spread exponentially, like ripples in a pond, by each of your contacts — whether face-to-face, e-mail, or social media — use the information below as a conversation starter.



### WHAT IS HOSPICE PALLIATIVE CARE?

Hospice palliative care aims to relieve suffering, while improving the quality of living and dying.



### WHAT DOES INTEGRATED HOSPICE PALLIATIVE CARE MEAN?

An integrated palliative approach to care is one that focuses on an individual's need at any given point in time. It can be provided in a hospital, residential hospice, at home, in long-term care homes or in another community setting. Personal values, wishes and desires can be considered. **Advance Care Planning** ([www.advancecareplanning.ca](http://www.advancecareplanning.ca)), a discussion about individual plans at the end of life, is an important part of an integrated approach to care.



### WHAT'S NEXT?

If you would like more information about hospice palliative care services in your area, or help in starting a conversation about hospice palliative care with a loved one, please visit **[www.chpca.net/week](http://www.chpca.net/week)**. The website for the Canadian Hospice Palliative Care Association offers valuable resources and links.

Helpful resources: [www.chpca.net](http://www.chpca.net), [www.advancecareplanning.ca](http://www.advancecareplanning.ca), [www.hpcintegration.ca](http://www.hpcintegration.ca)



Canadian Hospice Palliative Care Association  
Association canadienne de soins palliatifs



Innovation In Pain Care

