HOW TO START THE CONVERSATION

a discussion on preparing for end of life care

JAN 9 5:30 PM
STEELWORKERS HALL

EVENING PROGRAM

Hosted By:

Health Sciences North
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Dear Friends,

Warm greetings to all those attending today’s forum on end of life and palliative care.

Our government has made end of life care a priority. Care is now provided through 30 residential hospices and we have funded 70 new nurse practitioner positions in community based palliative care.

Discussions around end of life care are so important. I want to thank the palliative care community and everyone gathered at today’s event for continuing those conversations.

Please accept my best wishes.

Sincerely,

Deb Matthews
Minister
Welcome to our first public forum on end of life care.

Planning your end of life journey is one of the most important conversations you will have with your loved ones. It is a conversation that touches the emotional, philosophical, spiritual, social, financial, medical and legal aspects of your life.

We are holding this forum to help you start the discussion.

By initiating this important dialogue now, you can ensure that your personal wishes are shared, understood and respected. It will reduce uncertainty and stress, both for you and your loved ones, at potentially the most vulnerable time in your lives. It will ensure that your end of life care will be completed with comfort, peace and dignity.

We hope that this public forum will help guide you in this journey. Most of all, we want to thank you for being a part of this very important public discussion.

Let’s start the conversation.
AGENDA

• Exhibitors Expo

• Welcoming Remarks and Introduction of Guests  
  MC/Moderator  
  Léo Therrien

• Welcoming Remarks and Introduction of Patient Perspective  
  Dr. Brian Goldman

• One Person’s Journey Through End Of Life Care  
  Lauren Vary

• What is End of Life Care and Best Practices  
  Dr. Harvey Chochinov

• Intermission and Continuation of Exhibitors Expo

• A Doctor’s Perspective on End Of Life Care  
  Dr. Brian Goldman

• Question and Answer Session

• Closing Remarks  
  Dr. Denis Roy

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There are many resources available related to the subject of end of life. This section provides a glimpse of what resources are available and where you can get more information. You can also look at local book stores in the Self Help and Aging sections or visit a local library.

Speak Up, Canadian Hospice Palliative Care Association: [advancedcareplanning.ca](http://advancedcareplanning.ca)


National Caregivers Library: [caregiverslibrary.org](http://caregiverslibrary.org)

Registered Nurses Association of Ontario: [lnctoolkit.rnno.ca/resources/eol#Recommended-ReadingsReferences](http://lnctoolkit.rnno.ca/resources/eol#Recommended-ReadingsReferences)

Open to Hope: [opentohope.com](http://opentohope.com)

PARTNERS’ WEBSITES

Community Care Access Centre: [healthcareathome.ca](http://healthcareathome.ca)

Health Sciences North – Palliative Care: [hsnsudbury.ca](http://hsnsudbury.ca)

Maison Vale Hospice: [maisonsudburyhospice.org](http://maisonsudburyhospice.org)

St. Joseph’s Health Centre of Sudbury: [sjsudbury.com](http://sjsudbury.com)

Warmhearts Palliative Caregivers: [warmhearts.ca](http://warmhearts.ca)
Dr. Brian Goldman

Dr. Brian Goldman is an Emergency Department physician at Mount Sinai Hospital in Toronto.

Dr. Goldman is also an award-winning journalist and author. Dr. Goldman is the host of CBC Radio’s White Coat, Black Art, a national program specializing in health issues and has also been a reporter for CBC Television’s The National and The Health Show.

Dr. Goldman is also the author of the bestselling book *The Night Shift, Real Life in the Heart of the ER*, which takes readers to the front line of emergency medicine and offers a compelling inside view into an often shrouded world.

His TED Talk – “Doctors Make Mistakes: Can We Talk About That?” has been watched by more than 850,000 people. His second book *The Secret Language of Doctors* will be published by Harper Collins in May of this year.
Dr. Harvey Chochinov

Dr. Harvey Max Chochinov is a Distinguished Professor of Psychiatry at the University of Manitoba and Director of the Manitoba Palliative Care Research Unit, CancerCare Manitoba. He holds the only Canada Research Chair in Palliative Care.

Dr. Chochinov has been a guest lecturer in most major academic institutions around the world. He is a recipient of the Queen’s Golden Jubilee Medal and the Order of Manitoba for his work in palliative care.

He is the Chair for the Canadian Virtual Hospice, a Fellow of the Royal Society of Canada and a Fellow of the Canadian Academy of Health Sciences. In 2012, he received the FNG Starr Award, described as the highest honour the Canadian Medical Association can bestow on one of its members.

In addition to over 200 publications, he is the Co-Editor of the Handbook of Psychiatry in Palliative Medicine, published by Oxford University Press (now in its second edition), and the Journal Palliative and Support Care, published by Cambridge University Press. His most recent book, Dignity Therapy: Final Words for Final Days, is published by Oxford University Press and was the 2012 winner of the American Publisher’s Association Prose Award for Clinical Medicine.
END OF LIFE PLANNING CHECKLIST

This checklist can help you and your loved ones in preparing for your end-of-life plans.

1. **Make a Plan.**
   This plan should and could be made at any age. A plan answers questions as to what you want when you are no longer independent. This will increase your quality of life and provide peace of mind for yourself and loved ones. In your plan, consider the following:
   - Decide what you want in terms of medical intervention
   - Determine who will take care of any dependent children
   - Create or update your Will – including a Living Will
   - Establish an estate and/or trust plan
   - Create a list of assets, bills and accounts
   - Make a list of death benefits and insurance policies
   - Have a Power of Attorney in place as a substitute decision maker – for Personal Care and Property
   - Discuss funeral arrangements and wishes
   - Write an obituary (optional)
   - Identify a charity for donations

2. **Recruit Advocates.**
   These are people who will help ensure your plan follows through.
3. Be Hospital Ready.
   Include in an envelope the following items and ensure advocates receive a copy of all documents:
   • Medical history (i.e. list of medications and physician information)
   • Insurance cards
   • Power of Attorney
   • Medical Intervention wishes

   Where do you want to be and who do you want caring for you when you are no longer independent?
   • At home
   • Receive hospice/palliative care
   • Hospital
   • Nursing home

5. Discuss Last Moments.
   What do you want to hear at the very end and from whom do you want to hear it?
   • Can include family, friends, specific spiritual or religious traditions, music
   • Write letters or ensure you share your thoughts with loved ones and friends
We are honoured to be supporters of tonight’s end of life care public forum. We hope this event will help guide you in making the best decisions for you and your loved ones.

Prearranging your funeral makes sense,

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- It helps your family at a difficult time.
- It can save you and your loved ones worry and stress

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