



Family Caregivers
of British Columbia

— Let us help —

A Tour of Canadian Virtual Hospice Online Resources

Featuring:

Proud, Prepared, and Protected for 2SLGBTQ+ and CareHub – Your Connected Care Partner

Moderated By:

Kate Landreth, FCBC Education Lead

Presented By:

Cheryl Cameron, Director of Operations with Canadian Virtual Hospice

Angus Campbell, Retired Executive Director of Caregivers Nova Scotia



BRITISH
COLUMBIA

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Province of British Columbia



Family Caregivers BC is proud to host our guests from Canadian Virtual Hospice who are here to present some of their online resources, featuring:



CareHub
Your connected care partner

Followed by time for questions and discussion.

Territorial Acknowledgement



Angus Campbell recently retired as Executive Director of Caregivers Nova Scotia. As a former caregiver to his late partner and current caregiver to a friend, Angus has shown his commitment by sitting on several boards and committees: Canadian Frailty Network, NS Provincial Palliative Care Advisory, NS Centre on Aging Advisory, NS Health Authority Pride Health Advisory, NS Seniors Mental Health Network, NS Dementia Strategy Advisory, and NS Hospice and Palliative Care Association. He has collaborated with researchers on projects including Care and Respect for Elders in Emergency (CARE), Caregiver Telegroup Support evaluation, and Knowledge to Action: Caregivers, the lynchpin to homecare clients remaining at home. Mr. Campbell has given presentations and workshops discussing Caregiving Issues, Resources for Caregivers in Nova Scotia, and Safe Medicines for Seniors and Caregivers to audiences of caregivers, seniors, Geriatric Grand Rounds, Telehealth, and Emergency Medical Services.



Cheryl Cameron is the Director of Operations with Canadian Virtual Hospice. Across her career, she has held leadership, strategic policy, program development, and education roles with post-secondary institutions, government, and paramedic services. She is an advocate for paramedic integration into healthcare and is currently supporting numerous paramedic services across Canada to embed palliative care approached into paramedicine.

Neither presenter has conflicts to disclose



Learning objectives

By the end of this session, participants will have learned about

- Proud, Prepared, and Protected resources for people who identify as 2SLGBTQ+ and are planning to or accessing care,
- The CareHub, and
- CaregiversCAN and other grief support modules.

Most comprehensive online resource in the world on living with advanced illness, palliative care, and grief.

VirtualHospice.ca | PortailPalliatif.ca

CareHub.life | LivingMyCulture.ca

CaringTogether.life | SoignonsEnsemble.ca

MyGrief.ca | MonDeuil.ca

KidsGrief.ca | DeuilDesEnfants.ca

YouthGrief.ca | DeuilDesAdos.ca

LivingOutLoud.life | vivreAfond.ca

The Learning Hub | Centre d'apprentissage

CanadianGriefAlliance.ca

2.5 million visitors/year

10 Myths about Palliative Care



Palliative care is still misunderstood. Here are 10 common myths we often encounter. Help dispel these myths by sharing the facts with family members and friends, colleagues, patients, and clients.



Myth 1: Palliative care makes death occur sooner.

Fact: Palliative care does not make death occur sooner. It helps improve comfort and quality of life from diagnosis until death.



Myth 2: Palliative care is only for people dying of cancer.

Fact: Palliative care can benefit people who have been diagnosed with any illness that may shorten life. Palliative care can also benefit their families and friends.



Myth 3: People in palliative care who stop eating die of starvation.

Fact: People with advanced illnesses often don't experience hunger or thirst as healthy people do. People who stop eating die of their illness, not of starvation.



Myth 4: Palliative care is only provided in a hospital.

Fact: People can receive palliative care in a variety of locations, including at home, in a long-term care facility, in a hospice, or in a hospital.



Myth 5: We need to protect children from being exposed to death and dying.

Fact: Talking with children early on in someone's illness, and providing honest and clear information that is age appropriate, is the best way to protect them. Like adults, children also benefit from having time to say goodbye to people who are important to them.



Myth 6: Pain is a part of dying.

Fact: Pain is not always a part of dying. If pain is experienced near end of life, there are many ways it can be addressed.



Myth 7: Taking pain medications in palliative care, leads to addiction.

Fact: Keeping people comfortable often requires increased doses of pain medication as the body gets used to the medication. It is not addiction.



Myth 8: Morphine makes death happen faster.

Fact: Morphine, or medication similar to it, is used to help keep patients comfortable. In proper doses, morphine does not make death happen sooner.



Myth 9: Palliative care means the patient's doctor has given up and there is no hope.

Fact: Palliative care providers help people achieve their best quality of life, for the rest of their life. Hope changes from curing the disease, to living life as fully as possible.



Myth 10: If my family member or friend doesn't die at home, I'm letting them down.

Fact: Sometimes a person's needs cannot be met at home despite the best efforts. Ensuring that the best care is delivered, regardless of setting, is not a failure.

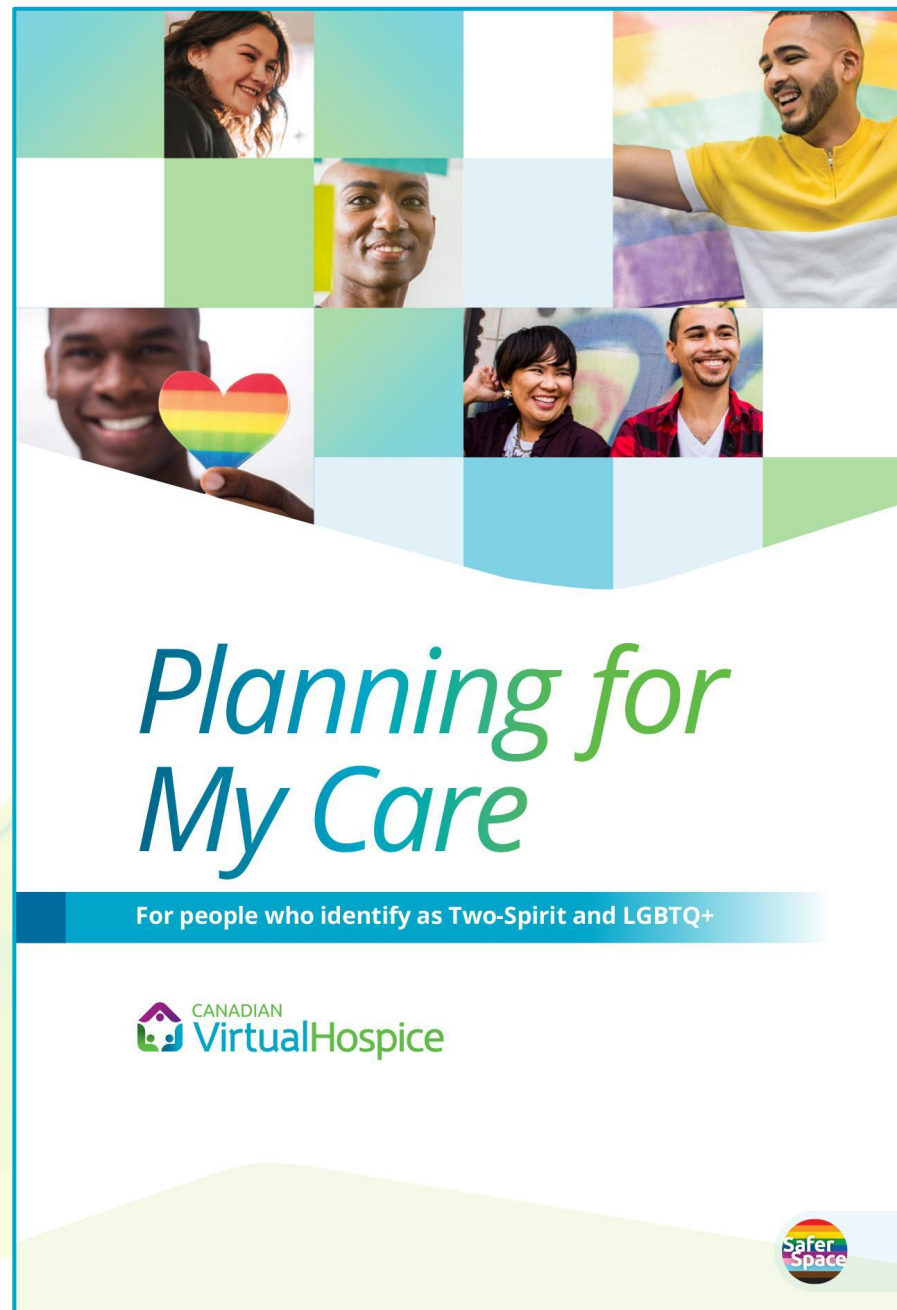
Two-Spirit and LGBTQ+

Proud, Prepared, and Protected

Proud, Prepared, and Protected is a collection of online resources to assist people who identify as 2SLGBTQ+ to access and receive inclusive, respectful care. These resources were developed by people who identify as Two-Spirit and LGBTQ+ and more than 40 organizations and Canadian Virtual Hospice to fill a national gap. This information is also helpful for allies, people working in healthcare and education and communities.

Visit virtualhospice.ca/2SLGBTQ

Care conversations



I am currently on Hormone Replacement Therapy (HRT) and:

- I do not give permission for my HRT to be varied or stopped.
- I am willing to discuss my HRT with respect to my current medical condition.
- I give permission for my HRT to be varied or stopped only in the event that:

History of surgical procedures including dates:

Sex assigned at birth:

- Female Male Intersex

Your healthcare team needs to have a full picture of your health and history so they can best address certain medical conditions including cancer and heart disease. Is there anything you would like to share about your body, such as which reproductive organs you have?

Section 4: Safety and privacy

I prefer all physical exams be conducted by:

Gender:

- No preference

Things that make me feel unsafe:

Things that will help me feel safe:

I do not want the following people to be contacted, to have access to my personal information, or to visit me.

Name(s):



The question that keeps coming up is 'who is family?' Many of us have our 'chosen family'. These are the people we know will support us.

I provide care for:

Name: _____

Pronoun(s): _____

Phone: _____

Email: _____

Relationship: _____

Knows me as (name, gender, pronoun(s)): _____

I have pets that require care:

Section 6: Intimate care preferences

Intimate care is associated with bodily functions, products, and personal hygiene which involves contact with, or potential exposure of, genitals or chest.

My preferred terms:

If other than breasts:

If other than genitals:

Please DO NOT use the following words to describe my body:

I prefer to use toilets and changing rooms that are designated as:

Female Male

I prefer to be bathed by, or receive intimate care from:

Gender:

A place to record
info related to
health and
preferences for
care



Part 3 – Your wishes for care

This is where you decide what you want and what you do NOT want. Some of these are very big questions.

The following is a list for you to think about. There are no wrong answers. Some of the questions may not be applicable.

If you were to get very sick...

How much information would you want shared about your sexual orientation or gender identity with the medical team?

Everything Some None

How much detail would you like to know about your illness?

All Some None

Would you like your healthcare provider to give you their best estimate of how long you have to live?

Yes No Maybe

Would you like to stop medical treatments if they impact your ability to live the rest of your life the way you want?


Yes No Maybe

Would you want natural or alternative medicine as part of your treatment?

(For example, traditional Indigenous medicine, holistic medicine, homeopathy, acupuncture, herbalism, etc.)


Yes No Maybe


Canada's Charter of Rights and Freedoms prohibits discrimination based on sexual orientation, gender identity and gender expression



*Two-Spirit & LGBTQ+
Canadian Healthcare
Bill of Rights*

For advanced illness, frailty, and end of life

 CANADIAN
VirtualHospice

 Safer
Space

Proud, Prepared, and Protected 2SLGBTQ+ Canadian Healthcare Bill of Rights for Advanced Illness, Frailty, and End of Life

Your rights . . .



The right to healthcare that is free of discrimination under the *Canadian Charter of Rights and Freedoms* regardless of your sexual orientation, gender identity, or gender expression.

- You cannot be denied healthcare, and you have the right to receive respectful care.



The right to decide your wishes for future healthcare and who will be your advocate if you cannot or choose not to speak for yourself.

- You have the right to create an advance care plan and/or a healthcare directive that outlines your wishes for future care and the right to have those wishes respected.
- You have the right to identify a person to make health decisions for you if you cannot or choose not to.



The right to have your gender identity and expression respected.

- You deserve to feel safe sharing and expressing your gender identity.
- You have the right to be called by your chosen name and pronouns.
- You have the right to use the restroom facilities of your choice.



The right to decide who does and does not visit you, regardless of your legal or biological relationship.

- Healthcare facilities cannot prevent you from having visitors based on sexual orientation, gender identity, or gender expression.



The right to the privacy of your healthcare records and your identity.

- You have a right to the privacy of your medical records and care under provincial or territorial legislation.
- Your medical information can only be shared if it is necessary to provide you with care or if you give permission to share it.



The right to protest if you are discharged due to discrimination.

- You have a right to dispute being discharged or transferred from a healthcare facility.



The right to refuse any treatments that are discriminatory or harmful to 2SLGBTQ+ people, such as conversion therapy.

- If you have concerns that a treatment is discriminatory, you have the right to ask for proof that it is an accepted healthcare practice.



Rights specific to Two-Spirit and Indigenous LGBTQ+ people.

- Rights as outlined in the *Canadian Human Rights Act*.
- Proposed rights as outlined in the *United Nations Declaration on the Rights of Indigenous Peoples* (UNDRIP).

If your rights are not respected, reach out to:

- Health facility administration, if applicable.
- 2SLGBTQ+ organization in your area.
- Human Rights agency in your province or territory.

This is one of a series of *Proud, Prepared, and Protected*

Articles

- Why inclusivity matters
- Finding 2SLGBTQ+ inclusive care
- Getting the care that you need
- Planning ahead: Your wishes
- Making an advance care plan
- Choosing a healthcare advocate
- Choosing a financial advocate
- Making a will
- Leaving a legacy
- Managing difficult situations
- For family, friends and caregivers
- About your grief
- How to be an ally to someone who is 2SLGBTQ+
- What does 2SLGBTQ+ mean
- How to provide inclusive care to 2SLGBTQ+ people
- 2SLGBTQ+ resources



We often grieve changes
in our lives



Being clear about end of
life wishes can really help
your family



It takes time for people to
adjust to using my
pronouns



Exploring what end of life
might be like for someone
who identifies as
2SLGBTQ+

Videos



Social isolation can be a
challenge for the aging
2SLGBTQ+ population

Grief in 2SLGBTQ+ communities module

MODULE 22

Grief in 2SLGBTQ+ communities

X Hide navigation

Module 22

Grief in 2SLGBTQ+ communities

Overview

Introduction

Chapter 1: An introduction to grief

Chapter 2: How discrimination and oppression can impact grief

Chapter 3: Trauma and grief in 2SLGBTQ+ communities

Chapter 4: Grief in trans

Overview

Introduction

“ You can't look in a room and know, for example, who is racialized, know who is disabled, know who is a lesbian, or bi or gay or who is trans. People's identities are not always easily recognizable, and that's kind of a laziness that people have relied on. They may say, "Oh I don't see anyone with a disability, so we don't have to do this," or "I don't see anyone who looks like they're trans, so we don't have to do pronouns." We need to work on that.

This resource has been designed to help you understand and care for yourself as you grieve. It was developed by the Canadian Virtual Hospice in collaboration with national grief specialists and 2SLGBTQ+ people who have experienced grief. We are grateful to those who shared their wisdom and experiences.

The advocate says



Chris Little-Gagné, 2SLGBTQ+ advocate and activist, speaks about the value and strength of chosen family.
(2:54)

Resources for Caregivers

CareHub

Your connected care partner

Caregivers
CAN 

Supporting confident, compassionate care

And more . . .



CareHub

Your connected care partner

[CREATE YOUR PERSONAL CAREHUB >](#)[LOGIN >](#)

Connected, compassionate care

CareHub is a collection of easy-to-use services to help understand health and manage care in one online place. Use your personal CareHub to track health and symptoms and to share reports with healthcare providers. Coordinate healthcare and get information related to your needs. Receive tailored information, and learn about programs and services in your areas. Plan care. Designed by people with life-limiting illness and caregivers, CareHub is free, confidential and secure.



Health Tracker



Library



Medication Tracker



Expenses Tracker



Calendar



Notes



Shared Access



...and More

How can CareHub help me?

✓ Track symptoms, well-being, and concerns, and CareHub will make reports you can share with healthcare providers.

✓ Use a personal library of resources chosen for your needs.

✓ Share information with people you choose: family, caregivers, and others.

✓ Prepare for health visits and share information easily.

✓ Access a list of programs and services that support care in your area.

✓ Caregivers: increase your comfort with caregiving, track your well-being, and get information in your personal library to meet your learning needs.

✓ Organize care, medications, and health costs.

What we heard . . .

I could sign up easily and things were right on the page. I could get attracted by the inviting videos and things I may have not looked up on my own.


I like the opportunity to customize my CareHub (notifications), use parts I need, and educate myself in my own time.

Very easy to move back and forth between topics, without losing place. There is so much invaluable information throughout the site.

I wish I had access to this 2-3 months ago. My mom passed away . . . having it all in a place where my whole family could access and support each other would have been of huge benefit. I am passing on this site to my siblings . . .

- Strategies for difficult conversations
- Video demonstrations of caregiving tasks
- Guidance for recognizing and managing symptoms
- Suggestions for accessing programs and services
- Ways to care for yourself

Visit virtualhospice.ca/caregiving




OVERVIEW
Welcome to the caregiver module series

START NOW >



MODULE 2
Communications and conversations

START NOW >



MODULE 4
Looking after you: Lessons from the airline industry

START NOW >




MODULE 6
Hands-on care

START NOW >



MODULE 8
When death is near

START NOW >



MODULE 1
Diagnosis and reactions

START NOW >



MODULE 3
Preparing for caregiving at home

START NOW >




MODULE 5
About medications

START NOW >



MODULE 7
Recognizing symptoms and providing comfort and care

START NOW >



MODULE 9
After death has occurred

START NOW >

KidsGrief.ca

Talking with kids
and teens about
serious illness,
dying and death



CaringTogether.life

CaringTogether.life is a free platform designed to educate, support, and empower parents caring for a seriously ill child and those who are experiencing pregnancy or infant loss.

Developed by families and pediatric healthcare providers, we understand . . . and we are here for you every step of the way as you care for your child, yourself, and your family.



Your Child



Your Family



Your Healthcare Team



Your School & Community



Care at the End of Life



Grief & Bereavement

Medical Assistance in Dying (MAiD)

Thinking about a medically assisted death (MAiD) can bring up questions and deep feelings for everyone involved: the person considering MAiD, family, friends, and healthcare providers. Find answers to common questions, plus information about how MAiD works, and about its emotional impacts.

MyGrief.ca

Because losing someone is
hard...

Confidential and free,
MyGrief.ca helps you to
understand and move
through your grief.



- In your own place, at your own pace
- Developed by people who have "been there" and grief specialists
- Features "real life" stories and experiences
 - A resource for professionals

First Nations



Inuit



Métis



Chinese



Ethiopian



Filipino



Indian



Iranian



Italian



Pakistani



Somali



- Includes lived experience videos by people from 11 cultures discussing the intersection of grief, culture and spirituality



تفاوت های سیستم بهداشت و درمان
در کانادا و ایران
(0:53)



Traditions and grief
(1:55)



Thank you!



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VirtualHospice.ca | CaregiversCAN | CareHub.life | MyGrief.ca
LivingMyCulture.ca | LivingOutLoud.life | KidsGrief.ca |
YouthGrief.ca | CaringTogether.life | The Learning Hub

FCBC Resources

Caregiver Toll-Free Support Line

- 1-877-520-3267
- 1-1 Emotional Support
- Help with navigating the health care system
- Access to support groups
- Referral to community resources

Caregiver Education

- Caregiver Connection Newsletter
- FCBC Monthly Enews
- Caregiver Tips and Tools (webinars, articles, podcast, booklets)
- FCBC Social Media (FB Lives and YouTube Channel)



**Family Caregivers
of British Columbia**

www.familycaregiversbc.ca