

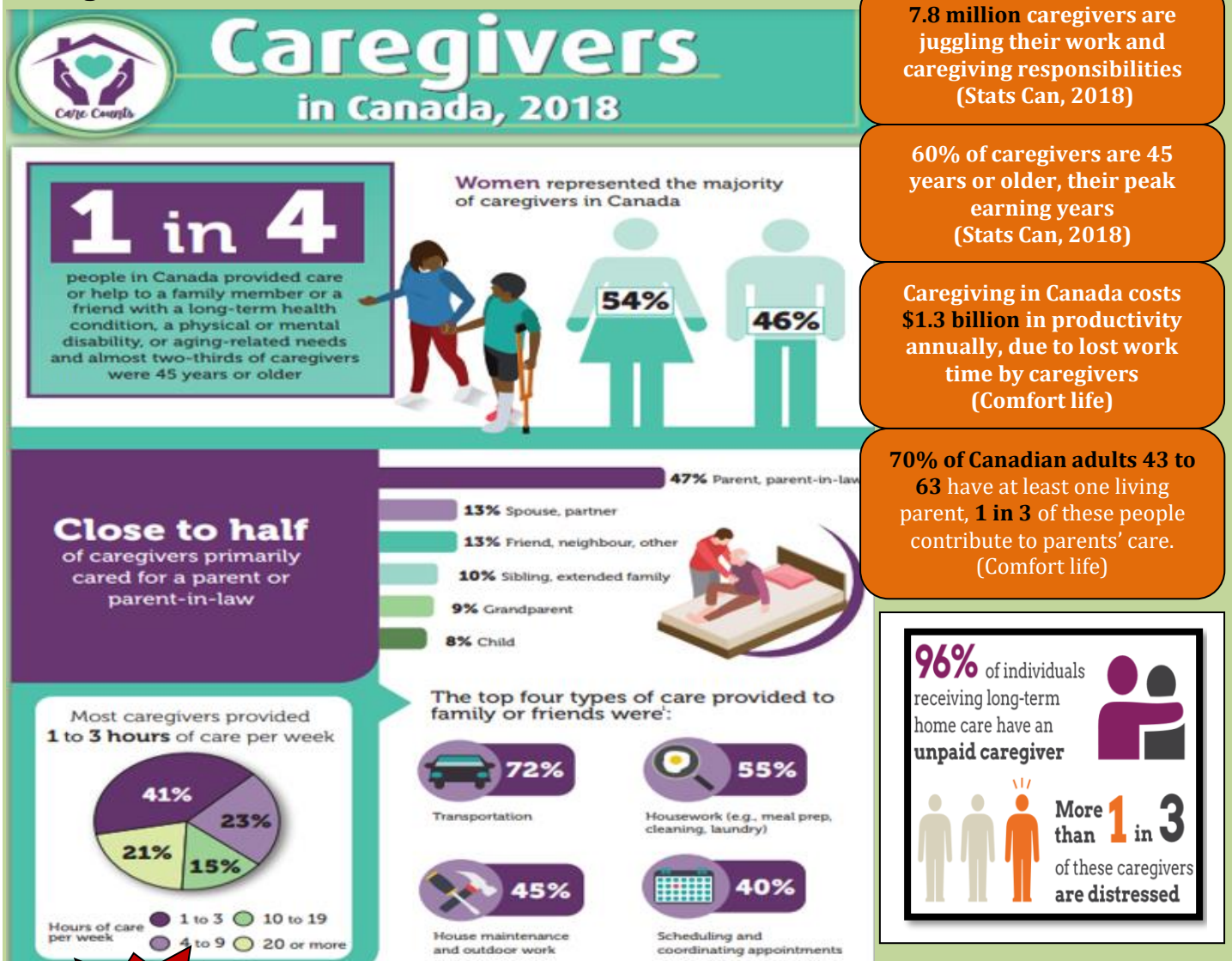
# Provincial Integrated Palliative Care Program Newsletter

## March 2021

Dear Colleagues,

Across PEI, statistics indicate that one in four of our residents aged 15 and older (40,000) is a caregiver - ordinary people including youth who are caring for family members, partners, friends and neighbors. These caregivers deliver roughly three quarters of all patient care, including personal, emotional and often medical care. They are the single most valuable resource to our health system and our communities. Many of us are caregivers. With the increase responsibility of caring for someone, caregivers are at great risk of burnout. This letter provides helpful tools and resources for connecting caregivers.

### Caregiver Statistics



**NEW**

### Online Grief Modules for Caregivers

- **Help4Helpers:** <https://youtu.be/SiGdb4ItSjC>
- **Caring4Caregivers:** <https://youtu.be/rzH-HE-Ciis>

**Jill Stewart, MSW, RSW**  
Owner – Your Life Design Inc.



## Local Resources

**Provincial Patient Navigator Telephone:** (902) 620-3418 **Email:** [patientnavigator@gov.pe.ca](mailto:patientnavigator@gov.pe.ca).

**Cancer Patient Navigator Telephone:** (902) 894-2552 **Email:** [cancerpatientnavigator@ihis.org](mailto:cancerpatientnavigator@ihis.org)

**Hospice PEI Telephone:** (902) 368-4498 **Email:** [hpc@hospicepei.ca](mailto:hpc@hospicepei.ca)

**Health PEI Staff Resource Site** [src.healthpei.ca/palliative-care](http://src.healthpei.ca/palliative-care)

- Booklets - What You Need To Know
- Child and Teen Grief
- Making Informed Decisions About CPR
- Advance Care Planning & Goals of Care Resources
- A Caregiver's Guide – A Handbook About End-Of-Life Care (Revised, 2014)(CHPCA)

## Web Resources



[virtualhospice.ca/](http://virtualhospice.ca/)



[chpca.ca/](http://chpca.ca/)



[carerscanada.ca/](http://carerscanada.ca/)



[caregivingmatters.ca/](http://caregivingmatters.ca/)

## National Organizations



[alzheimer.ca/](http://alzheimer.ca/)



[cancer.ca/](http://cancer.ca/)



[cmha.ca/](http://cmha.ca/)



[mssociety.ca/](http://mssociety.ca/)



[als.ca/](http://als.ca/)



[parkinson.ca/](http://parkinson.ca/)



[schizophrenia.ca/](http://schizophrenia.ca/)



[heartandstroke.ca/](http://heartandstroke.ca/)

## Federal Government Resources

### Compassionate Care Benefits, Employment Insurance

[canada.ca/en/services/benefits/ei/caregiving.html](http://canada.ca/en/services/benefits/ei/caregiving.html)

Criteria to apply and receive federal Compassionate Care Benefits - Benefits to a maximum of 26 weeks for caring for a person of any age who requires end-of-life care.

### Care Conversations

[canada.ca/en/employment-social-development/corporate/seniors/forum/care-conversation.html](http://canada.ca/en/employment-social-development/corporate/seniors/forum/care-conversation.html)

Provides an overview of how you can provide the best in caregiving and where to turn for help when you need it

### Federal/Provincial/Territorial Ministers Responsible for Seniors Forum

[canada.ca/en/employment-social-development/corporate/seniors/forum.html](http://canada.ca/en/employment-social-development/corporate/seniors/forum.html)

Features a benefits finder, caregiver resources and much more.

## End-of-Life Care



[alzlive.com/](http://alzlive.com/)



[bestendings.com/](http://bestendings.com/)



[virtualhospice.ca/](http://virtualhospice.ca/)

Sincerely,

Dr. Mireille Lecours,  
Provincial Palliative Care Medical Consultant

