

# Developing Quality Palliative Care in Long Term Care Homes: Let's Provide Care for Life!

Location: Toronto Hilton Downtown  
Address: 145 Richmond Street West, Toronto, M5H 2L2  
Date: Thursday February 27<sup>th</sup>, 2014  
Time: 8:30am – 4:00pm

## Workshop Learning Objectives:

This interactive, hands-on training session will:

- discuss the palliative approach and end of life care needs of older adults and LTC residents.
- provide a forum where front line workers can explore palliative care practices specifically designed for LTC residents
- explore key transitions in resident care and innovations that support residents and families until end of life.
- highlight how the end of life care needs of residents with Alzheimer's disease and related dementias, including those with responsive behaviours, can be addressed using a palliative approach to care.

## Target Audience:

Personal Support Workers, Health Care Aides and other front-line workers.

Those who are registered and attend this event will receive a comprehensive kit of tools resources, as well as a **Certificate of Attendance** from the Centre for Education and Research on Aging & Health (CERAH) at Lakehead University.

## Registration

Registration is \$99+ HST and covers workshop materials and lunch and refreshments. Group rates available for organizations registering 5 or more people. Space is limited. To register or for more information visit **INSERT**

## Presented by



**Lakehead**  
UNIVERSITY

Centre for  
Education and Research  
on Aging & Health



**Alzheimer**  
**Knowledge**  
**Exchange**

## Developing Quality Palliative Care in Long Term Care Homes: Let's Provide Care for Life!

### Workshop Agenda

- 8:30am-9:00am Registration
- 9:00am-9:30am Welcome & Introduction to a Palliative Approach  
*Mary Lou Kelley/Deb Parker*
- 9:30am-10:15am Integrating the Palliative Approach into Resident Centred Care from Admission to End of Life  
*Mary Lou Kelley & Deb Parker*
- 10:15am -10:45am Palliative Care, Dementia Care, and Resident-Centred Care: What's the Difference?  
*Mary Lou Kelley & Deb Parker*
- 10:45am-11:00am Break
- 11:00am-12:00pm Personal Support Worker Competencies in Palliative Care  
*Marg McKee & Jackie McDonald*
- 12:00pm-12:30pm Lunch & Networking
- 12:30pm-2:30pm Innovations for Palliative Care in Long Term Care  
*Phase 1: Advance Care Planning and Palliative Care Conferencing – Deb Parker*  
*Phase 2: Identification and Screening of Residents– Mary Lou Kelley*  
*Phase 3: End of Life Communications: Resident, Families, Staff – Jackie McDonald*  
*Phase 4: Bereavement Support and Peer led Debriefing- Marg McKee*
- 2:30pm-2:45pm Break
- 2:45pm-3:45pm Developing a Palliative Care Program: The Role of an Interdisciplinary Resource Team and Your Role as a PSW  
*Jackie McDonald/Mary Lou Kelley*
- 3:45pm-4:00pm Closing and Questions



**Dr. Mary Lou Kelley - Professor School of Social Work Lakehead University and Northern School of Medicine**

Mary Lou Kelley, MSW, PhD, is the Lakehead University Chair for Palliative Care, a Social Work Professor at Lakehead University and a Professor at the Northern Ontario School of Medicine in Thunder Bay, Ontario. Her work focuses on promoting interdisciplinary research and education in gerontology and palliative care for health care professionals especially those working in rural, remote areas, long term care homes, and First Nation's communities. Dr. Kelley's research and publications focus on health and social services for older adults, rural health, long-term care policy and delivery, palliative care, and interdisciplinary gerontology education. She was the founding Director of the Centre for Education and Research on Aging and Health in 1992 and a founding member of the Northwest End-of Life Care Network in 2005, served on the network's steering committee and was co-chair. In 2011 she was a co-chair for the system integration subcommittee of the MOHLTC Advancing Palliative Care Engagement Strategy that worked to create a vision for palliative care system integration in Ontario. She has provided advice to Accreditation Canada on developing new palliative care standards for long term care and currently she is a member of the Health Quality Ontario Expert Advisory Panel on End of Life Care. She was the recipient of the Canadian Hospice Palliative Care Association's 2011 Award of Excellence and the Queens Diamond Jubilee medal in 2012 in recognition of her contribution to Canadian palliative care practice, education and research.



**Deborah Parker - Director of The University of Queensland/Blue Care Research**

Deborah Parker is the Director of the University of Queensland/Blue Care Research and Practice Development Centre and Director of the Australian Centre for Evidence Based Community Care. Clinically trained as a registered nurse she has worked extensively in aged care settings for 13 years before moving into research in palliative care and aged care in 1993. For the last 20 years she has been trying to improve the experience of dying for older people in residential aged care. Deborah has attracted over \$20 million in research funding primarily in palliative care. This includes a grant of \$1.4 million to develop the Palliative Approach (PA) Toolkit. The PA Toolkit is currently being rolled out to 1,000 long term care homes in Australia and in 2014-2016 will form the educational platform with the Respecting Patient Choices Program as one component of a \$14.9 million program to further support palliative care in long term and community aged care in Australia.



**Dr. Marg McKee - Director of the School of Social Work, Lakehead University**

Marg is the Director of the School of Social Work and the Coordinator of the Palliative Care Certificate program at Lakehead University. She teaches courses in counselling and clinical practice, and practice with older people and people suffering from life-threatening illness. She is a psychologist and a nurse by training, with a special interest in end of life care. Her research is in the area of palliative care, and understanding the roles of volunteers and personal support workers with older people who are dying.



**Jackie McDonald- Personal Support Worker, Bethammi Nursing Home**

Jackie McDonald is a Personal Support Worker (PSW) at Bethammi Nursing Home where she has worked for ten years. Prior to working in long term care, Jackie worked as a PSW in the community. Jackie was a PSW Lead in her home as part of a five year participatory action research project (Quality Palliative Care in Long Term Care) led by Dr. Mary Lou Kelley at Lakehead University. Not only was she was an active participant within this research but she was also key player in disseminating the results across Ontario. Through the project she was part of a dedicated group of PSW's, overseen by Dr. Marg McKee, who helped to develop competencies for PSW's working in Long Term Care Homes. Jackie is dedicated to helping residents, families, and staff to explore the concept of change and how to work together to attain goals desired by the resident.