

Hospice Palliative Care Ontario in partnership with the Older Adult Centres' Association of Ontario (OACAO) with funding provided by the Government of Ontario invites you to join our:  
**Caregiving for Serious Illness and End-of-Life Telephone Based Program**

Every Tuesday 2:00 – 2:40 PM  
January 26<sup>th</sup> – March 30<sup>th</sup>

Call this number to join any of the sessions listed below!

Dial in Number – 647 558 0588  
Meeting ID – 958 9460 5018

**Facilitated by**

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**Intended Audience**

Seniors, Caregivers and families, Hospice Volunteers

**Description**

You might be new to caregiving, or you might be well along your journey. Regardless of the unique circumstances of your situation, we do know that all caregiving can be incredibly rewarding, and it can be incredibly isolating and stressful too. These sessions are meant to assist you in finding the support you need. Each session will focus on different topics. The topics for each date are listed below. Please feel free to join the sessions you are interested in.

<p><b>January 26<sup>th</sup> 2021</b></p> <ul style="list-style-type: none"> <li>• The Caregiver's Journey</li> <li>• Care for the Caregiver and Handling Your Emotions</li> </ul>	<p><b>March 2<sup>nd</sup> 2021</b></p> <ul style="list-style-type: none"> <li>• How to Communicate with Someone with a Life-Limiting Illness</li> <li>• How to Help with Physical Needs</li> </ul>
<p><b>February 2<sup>nd</sup> 2021</b></p> <ul style="list-style-type: none"> <li>• What are Community and Residential Hospice Care?</li> <li>• What do People with a Life-limiting Illness Want?</li> </ul>	<p><b>March 9<sup>th</sup> 2021</b></p> <ul style="list-style-type: none"> <li>• How to Respond to Emotional and Spiritual Needs</li> <li>• How to Respond to Cultural Needs</li> </ul>
<p><b>February 9<sup>th</sup> 2021</b></p> <ul style="list-style-type: none"> <li>• Why is a Family Member Acting that Way?</li> <li>• What are Advance Care Planning, Goals of Care Discussions and Health Care Consent?</li> </ul>	<p><b>March 16<sup>th</sup> 2021</b></p> <ul style="list-style-type: none"> <li>• The Importance of Observation</li> <li>• Pain: How to Recognize It and How to Help</li> </ul>
<p><b>February 16<sup>th</sup> 2021</b></p> <ul style="list-style-type: none"> <li>• How to Make Tough Decisions</li> <li>• How to Give a Bed Bath and Attend to Personal Hygiene</li> </ul>	<p><b>March 23<sup>rd</sup> 2021</b></p> <ul style="list-style-type: none"> <li>• How to Be Present with a Dying Person</li> <li>• Signs of Approaching Death and What to Do</li> </ul>
<p><b>February 23<sup>rd</sup> 2021</b></p> <ul style="list-style-type: none"> <li>• Home Safety, Fall Prevention, Assistive Devices</li> <li>• How to Communicate Effectively with Family, Doctors, Volunteers and Helpers</li> </ul>	<p><b>March 30<sup>th</sup> 2021</b></p> <ul style="list-style-type: none"> <li>• Grief: The Stages and How to Cope</li> </ul>