

**Subject:** SPA-LTC Project: Being prepared to answer questions

As we work toward strengthening a palliative approach, you may find that some residents and families may be afraid to hear the word “palliative”.

That’s because many people think this is only for people who are actively dying (end of life care) and that it means refusing active treatment (traditional palliative oncology).

You can help by practicing your ability to differentiate among the terms end of life care, palliative care, and a palliative approach.

A **palliative approach** means being able to access elements of the well-respected palliative care tradition - like whole-person, team-based, and family-centred care - *at any stage of illness and in any care setting, including long-term care*. It’s related to **palliative care**, a specialist-led team-based approach to alleviate suffering and improve comfort and quality of life in the last 6 to 12 months of life, and to **end of life care**, as compassionate, whole-person care, intended specifically for those who are dying, and their families.

It may help to think of these approaches as different branches of the same tree.

Sincerely,  
Mont St Joseph Home