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Website: www.palliativealliance.ca

Key Words Describing Areas of Research

Palliative care, rural seniors, Aboriginal seniors, community capacity development, long term care homes, organizational and community interventions, caregiving

Research relevance

Everyone who is dying from an expected death can benefit from palliative care. This research is focused on improving organizational and community capacity through participatory action research so people have the option to die at home while receiving quality palliative and end-of-life care.

Quality Palliative Care in Long Term Care and Rural & First Nations Communities

Palliative Care is a philosophy of holistic care that allows natural death when cure is impossible, using specialized multidisciplinary practices to achieve maximum comfort for the dying person and his or her family members. Palliative care aims to alleviate suffering-physical, emotional, psychosocial, cultural and spiritual-rather than focus on curing an individual with a life threatening or terminal illness.

Palliative care is not disease specific. It is appropriate for people of all ages, although most people who receive palliative care are aged 65 and older. Palliative care is provided by volunteers, family and friends, and health care professionals of all disciplines. Unfortunately, place of death is not only determined by a person's preference. Rather, lack of organizational or community capacity to provide palliative care may mean that people are moved from community settings to hospital to die. In particular, people living in rural, remote and aboriginal communities and long term care homes are known to have difficulty accessing quality palliative care.

The main aim of this program of research is to create access to quality palliative care for

people who are dying in rural, remote and Aboriginal communities and in long term care homes. The research uses community-based and participatory action approaches to develop, implement and evaluate a range of biophysiosocial interventions to improve palliative care in interventions in these settings. The research is guided by a conceptual framework of community capacity development and a model for developing rural palliative care created by me and validated in rural communities through previous research.

This research has international applicability and high regional relevance as Northwestern Ontario's population is aging and much of that population lives in rural, remote and aboriginal communities.

For more information on the research please see <http://www.palliativealliance.ca> and <http://cerah.lakeheadu.ca/research-initiatives>