

# The Best of Both Worlds: A Palliative Approach in Dementia Care

Presented by Kath Murray and Janice Robinson

We have gathered together a few of our favorite resources that we hope will assist you in integrating a palliative approach in your work.

## In Print

### Essentials in Hospice Palliative Care

Text and companion workbooks, DVDs, teaching presentations and podcasts from Life and Death Matters.

- 📖 Books are available through Amazon.ca.
- 📖 All other resources available at <http://lifeanddeathmatters.ca> or enquire by email to [info@lifeanddeathmatters.ca](mailto:info@lifeanddeathmatters.ca)

### Dying with Dementia

CARE magazine, 25(4), 28-29, Murray, K. & Robinson, J. (2011).

- 📖 Published by the College of Practical Nurses of Alberta.

### Life and Death Matters Series

Articles in CARE magazine, published by the College of Practical Nurses of Alberta.

- 📖 Spring 2010 to Spring 2012.
- 📖 Topics include “Anorexia and Cachexia” “Delirium causes Dying”, “Nausea and Vomiting” and “Dyspnea – the Feeling of Breathlessness.”

### Preliminary outcomes of the dementia difference workshop at The Lodge at Broadmead, Victoria, B.C.

Gnadinger, N., Robinson, J. & Murray, K. (2010). *Journal of Palliative Care*, 26(2), 130-132.

### The Dementia Difference: a palliative approach for people with late-stage dementia – an education package for residential care.

Gnadinger, N., Robinson, J., Murray, K. & Vandergoot, A. (2008). *Journal of Palliative Care*, 24(4), 274-276.

## Favorite Canadian Research Project happening NOW

### Quality Palliative Care in Long Term Care - [www.palliativealliance.ca](http://www.palliativealliance.ca)

One strength of this project is in recognizing that Personal Support Workers provide 70% of direct care and the subsequent exploration of how to improve education of PSWs.

### Integrating a Palliative Approach in Nursing: Evidence and Leadership (iPANEL) - <http://www.ipanel.ca/>

“Our ultimate goal is to advance the further integration of the palliative approach into nursing practice in every care setting.”

## Favorite Websites Online Resources

### Canadian Virtual Hospice – [www.virtualhospice.ca](http://www.virtualhospice.ca)

Preparing in advance, early in the disease about what the disease will be like. Prepare then and help family know your values and what you want.

[http://www.virtualhospice.ca/en\\_US/Main+Site+Navigation/Home/Support/Support/The+Gallery/For+Professionals/Romayne+Gallagher+Pain+and+Cognitive+Impairment+Reading+the+Cues.aspx](http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support/The+Gallery/For+Professionals/Romayne+Gallagher+Pain+and+Cognitive+Impairment+Reading+the+Cues.aspx)

### Ask a question - Alzheimer’s Disease

[http://www.virtualhospice.ca/en\\_US/Main+Site+Navigation/Home/Support/Support/Asked+and+Answered/What+to+Expect+with+Various+Illnesses/Neurological+Disease.aspx](http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support/Asked+and+Answered/What+to+Expect+with+Various+Illnesses/Neurological+Disease.aspx)

### Canadian Hospice Palliative Care Association - <http://www.chpca.net/>

The Way Forward – Moving towards community-integrated hospice palliative care in Canada <http://www.hpcintegration.ca/> (This paper is a priority for understanding the importance of integrating a palliative approach for people with any life threatening illness).

### UK Alzheimer Society report – Nov 2012 Report “My Life Until the End – Dying Well with Dementia”

[http://www.alzheimers.org.uk/site/scripts/documents\\_info.php?documentID=2017](http://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=2017)

**Volicer, Ladislav M.D., Ph.D.**

End-of-life Care for People with Dementia in Residential Care Settings, School of Aging Studies, University of South Florida, Tampa, FL

<http://www.alz.org/national/documents/endoflifelitreview.pdf>

**Alzheimer's Society of Canada <http://www.alzheimers.ca>**

This website has resources for frontline staff, family caregivers or for general understanding of Alzheimer's and the supports available. Click on the "my community" link to find local events and resource centres, recent news and upcoming tele-workshops.

Access a literature review "Caring for Person's with Dementia at the End of Life" by following this link, or by typing *Palliative Care* into the search box

<http://www.alzheimerbc.org/getdoc/b8841ffc-4336-46bb-abf1-5156d0a91db0/End-of-Life-Care---Lierature-Review.aspx>

**Alzheimer's Australia [www.fightdementia.org.au](http://www.fightdementia.org.au)**

Two 2011 national papers on Planning for EOL for people with dementia - the context is Australia but the content is relevant in Canada.

[http://www.fightdementia.org.au/common/files/NAT/20110404\\_Nat\\_Paper\\_23EoLP1.pdf](http://www.fightdementia.org.au/common/files/NAT/20110404_Nat_Paper_23EoLP1.pdf)

[http://www.fightdementia.org.au/common/files/NAT/20110503\\_Nat\\_Paper\\_EoLP2.pdf](http://www.fightdementia.org.au/common/files/NAT/20110503_Nat_Paper_EoLP2.pdf)

**Alzheimer's Association [USA] [www.alz.org](http://www.alz.org)**

Practice recommendations for end of life care for people with dementia living in residential care and assisted living. They also have good literature review documents.

**Dementia care practice recommendations for assisted living residences and nursing homes. Phase 3 end-of-life care.**

Chicago, IL: Alzheimer's Association National Office; 2007.

[http://www.alz.org/national/documents/brochure\\_D CPRphase3.pdf](http://www.alz.org/national/documents/brochure_D CPRphase3.pdf).

[http://www.alz.org/documents\\_custom/statements/end\\_of\\_life\\_care.pdf](http://www.alz.org/documents_custom/statements/end_of_life_care.pdf)

[http://www.alz.org/library/downloads/endoflifeprecs\\_rl2011.pdf](http://www.alz.org/library/downloads/endoflifeprecs_rl2011.pdf)

<http://www.alz.org/national/documents/endoflifelitreview.pdf>

## Favorite resource for family caregivers

### Lotsa Helping Hands

Website to develop your community, communicate updates, ask for help, sign up to provide assistance, remind people of commitments.

[www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

### Helpguide.org <http://www.helpguide.org/topics/dementia.htm>

Click on the dementia help entre link to find support resources for caregivers. This is a mindfulness and stress-busting toolkit available to guide emotional awareness, recognize and manage stress.

Find several palliative resources by typing “end of life” into search box. This is another user-friendly website that is rich in resources for both family caregivers and frontline staff.

## Recent media production

### Vancouver Island Health Authority - [MediaSales@viha.ca](mailto:MediaSales@viha.ca)

Grief Loss and Dementia Video Preview - <https://vimeo.com/44899555>

### More current article by Volicer

Dr Volicer kindly sent a new reference that supports earlier work cited in this handout.

Volicer, Ladislav M.D., Palliative Care in Dementia, 2012. Progress in Palliative Care.  
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