



Saint Elizabeth

Well beyond health care

Highlights from the Environics End-of-Life Care Survey for Saint Elizabeth

- More than four out of five Canadians say they're comfortable discussing end-of-life care issues, with 34% reporting they're "very comfortable" and a further 47% saying they're "somewhat comfortable".
- Only 25% of Canadians over the age of 30 have made end-of-life care plans, and just 40% of those over 70 have done so.
- The top two reasons for not making a plan are "haven't really thought about it" (43%) and "not applicable yet – too young/healthy" (35%). Sixteen per cent of those over 70 say they're too young or healthy to do so.
- Most respondents (87%) trust family members to make decisions related to end-of-life care on their behalf, but 70% say it is their own responsibility to do so. While only 10% say their doctors should decide what care is appropriate, 57% would ask their doctors for advice and information.
- Fifty-one per cent of Canadians would prefer to receive end-of-life care at home, but most believe it's offered in nursing and retirement homes, hospitals and hospices. Only 11% see their own homes as an option. The majority of those choosing their own homes (69%) did so because of "familiarity and comfort". A further 25% cited "close to family and friends".
- "Professional care" is the top reason (49%) for those who would choose a hospital for end-of-life care. "More compassionate/homier" is the most popular choice (20%) for those choosing a nursing home, while "Specialized care for the dying" is the main reason (33%) cited by those choosing a hospice.
- While 42% say it would be a combination of professional and family caregivers who would look after them at home, there is no clear understanding of how end-of-life home care is delivered.
- There is confusion about who pays for end-of-life care. One quarter believe it is funded by provincial governments. However, 70% worry they won't have enough money to pay for their own care.
- There is no consensus on terminology. While 33% refer to end-of life care as "palliative care", no other choice garnered more than 10%, and 35% couldn't name any term for this type of care.
- Half of respondents somewhat agreed with the statement "I am confident that I will get the care I need at the end of my life, whether I plan for it or not." Sixteen percent strongly agreed, but 20% somewhat disagree and a further 7% strongly disagree.

Hospice Palliative Care and Saint Elizabeth

- Saint Elizabeth has been offering palliative care since its inception in 1908. On a more formal basis, the Saint Elizabeth Palliative Care Program has been providing evidence-based, inter-professional care in the home to patients facing a life-threatening illness for over 25 years. Services are provided to all age groups, from infants to seniors, regardless of diagnosis and prognosis.
- Saint Elizabeth provides palliative care to more than 3,500 people a year through its nursing and personal support services.
- Our goal is to provide patients and families with a quality hospice palliative care experience, delivered by compassionate and knowledgeable teams. We work to ensure our patients are empowered, informed and partners in their own care.
- To meet our goal, we provide extensive and ongoing training to staff, as well as direct-to-patient services such as end of life spiritual care.
- Our specialized palliative health care teams have advanced skills certification enabling them to develop and provide individualized care to those who are dying and support their family caregivers.
- We also offer support to family and friends acting as caregivers via our Caregiver Support Program and Ask Elizabeth Education and Support Service.
- Palliative care is a key area of research in the Saint Elizabeth Research Centre, with a focus on finding how members of an integrated home health care team can meet the needs of people who are dying, and their caregivers.
- Saint Elizabeth is a member of Hospice Palliative Care Ontario, Canadian Hospice Palliative Care Association and the Quality End-of-Life Care Coalition of Canada.
- More information on end-of-life care and planning is available on the Saint Elizabeth web site:

[Talking About End of Life Wishes](#)

[Choosing to Die at Home](#)

[Understanding Hospice Palliative Care](#)

[About Advance Care Planning](#)

[How to Make an Advance Care Plan](#)