

Palliative Care Resource Team Resources for Yukoners impacted by Life-Limiting Illness

Yukon Supports and Resources

Employment Insurance Compassionate Care Benefits

Employment Insurance also provides compassionate care benefits for people who have to leave work temporarily to provide care or support for a family member who is gravely ill and at risk of dying. Benefits can be paid for up to 26 weeks. For more information, call 1-800-206-7218 or go to <https://www.canada.ca/en/services/benefits/ei/caregiving.html>

Cancer Care Coordinator and Cancer Care Fund

The Cancer Care Navigator provides services, free of charge, for cancer patients and their families. Services include funding answers to questions and concerns, locating resources, helping with setting appointments, understanding medical travel, etc. They can also help individuals apply to the Yukoners' Cancer Care Fund and/or Karen's Fund for support if eligible. The navigator is located in Whitehorse General Hospital, and can be reached by telephone at: 867-393-8853. <https://yukonhospitals.ca/whitehorse-general-hospital/programs-and-services/cancer-care-coordinator>

Rural End-of-Life Funding Program

The Rural End-of-Life Funding Program provides extra support to Yukoners in rural communities in need of end-of-life care services that can't be provided by Yukon Home Care or other care providers. Under the program, people can hire a care provider of their own choosing to assist with tasks such as: personal care services, respite care services or homemaking services. To learn more about this program and whether you might be eligible, talk to your Home Care Coordinator. Assessments to confirm eligibility are completed by Yukon Home Care. Funding is available for up to three months.

Yukon Home Care Program

Home Care Program's main objective is to support individuals so they can live independently in their homes. For more information, phone 867-667-5774 or visit <https://yukon.ca/en/health-and-wellness/care-services/learn-about-home-care-program>

Yukon Council on Aging, Information Booklet

“A Guide to programs and services for Yukon Seniors & Elders” provides information on a variety of services, some of which may be helpful for an individual or family. Phone 867-668-3383, www.ycoayukon.com

Meals on Wheels

For individuals living in or around Whitehorse, who meet the program guidelines (ie: unable to leave the home to shop, unable to or have difficulty preparing meals for themselves), meals on wheels may be able to provide some support. The referral form is to be completed by a health care professional. Phone 867-667-9358.

Whitehorse Handy Bus System

The Handy Bus provides safe and secure transportation to persons with mobility difficulties. The bus provides transportation from accessible door to accessible door. Phone: 867-668-8394 or visit www.whitehorse.ca/transit

Line of Life (LIFE LINE)

Medical alert system that helps individuals maintain independence at home, and can call loved ones or emergency services for help if needed. In Whitehorse call: 867-667-6945, or toll-free 1-800-543-3546. www.lifeline.ca

Information Resources

Canadian Virtual Hospice

Canadian Virtual Hospice provides information for caregivers and health care professionals on a palliative approach to care, including end-of-life care, loss and grief. www.virtualhospice.ca

Victoria Hospice

Information for caregivers and health care professionals on end-of-life care, including pamphlets and educational opportunities. www.victoriahospice.org

Caregiving Resources

Pallium Canada LEAP Carers online course

This free, online, self-learning course provides information and resources for people caring for a loved one with a serious illness. The interactive modules focus on the ‘functional’ aspect of being a caregiver. Topics include: navigating the health care system, advance care planning, how to provide personal care and hygiene with dignity, end of life and medication management, caregiver communication and advocacy skills as well as self-care strategies. <https://www.pallium.ca/course/leap-carers/>

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Caregivers Can online course

This online, self-paced course developed by Virtual Hospice is for informal caregivers. The modules include useful information, strategies, and suggestions for preparing for and providing care as illness advances. Topics include: strategies for difficult conversations, video demonstrations of caregiving tasks, guidance for recognizing and managing symptoms, suggestions for accessing programs and services and ways to care for yourself.

<https://www.virtualhospice.ca/caregiving>

Grief and Bereavement Resources

Hospice Yukon

Hospice Yukon provides programs and services that can help you better understand the profound journey of living, dying and grieving. They also provide support to help you to better support yourself and others. Phone: (867) 667-7429. Open Monday to Friday 11:30-3:00 PM, located at 409 Jarvis Street, Whitehorse YT. www.hospiceyukon.net

Crisis Services Canada

24 hour, confidential and anonymous suicide prevention and support line. Phone: 1-833-456-4566 or visit www.crisisservicescanada.ca.

Mygrief and Kidsgrief

Each website provides information to support caregivers and loved ones in understanding and working through their own grief, and how to support talking with kids and teens and dying and death. www.mygrief.ca or www.kidsgrief.ca

First Nations and Cultural Resources

Living My Culture

A resource website by Canadian Virtual Hospice to help honour culture, spirituality and traditions in palliative care. www.livingmyculture.ca

Preparing for the Journey: Caring for Indigenous People who are Seriously Ill

Preparing for the Journey is a resource designed to support Indigenous people and their caregivers in rural and remote communities living with life-limiting illness.

<https://cerah.lakeheadu.ca/uploads/docs/Preparing%20for%20the%20Journey%20March%202018/Prep%20for%20Journey%20Nov%20201.compressed.pdf>

Coming Full Circle:

A booklet developed by and for indigenous people about Advance Care Planning.

<https://livingmyculture.ca/media/3831/planning-for-your-care-large-print.pdf>

Advance Care Planning

Advance Care Planning Canada

Information for individuals and health care providers about advance care planning, including toolkits, workbooks, guides and resources. Affiliated with the Canadian Hospice Palliative Care Association, <https://www.advancecareplanning.ca/>

Yukon Advance Directives

A legal tool designed to help individuals appoint a health care proxy and record their health care wishes should they become incapable of expressing them. Phone: 456-6800, email: advancedirectives@yukon.ca or information and forms are available online at <http://www.hss.gov.yk.ca/adultdecisionmaking.php>.

2SLTBQ+ Resources

Virtual Hospice: Online resources, information and tools for people who identify as Two-Spirit and LGBTQ+ (2SLGBTQ+) and who are facing advanced illness, frailty, caregiving, and grief. This information is also helpful for allies, people working in healthcare and education and communities. <https://www.virtualhospice.ca/2SLGBTQ>

Information about MAiD

Thinking about a medically assisted death (MAiD) can bring up questions and deep feelings for everyone involved: the person considering MAiD, family, friends, and healthcare providers. Find answers to common questions, plus information about how MAiD works, and about its emotional impacts.

<https://www.virtualhospice.ca/maid/>

<https://yukon.ca/en/health-and-wellness/find-information-about-medical-assistance-dying>



Looking for more resources?

Contact the Yukon Palliative Care Resource Team at

palliativecare@yukon.ca or (867)667-9380 for current education offerings, resources and tools.

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