# **Wind River Hospice House**

### **Frequently Asked Questions**



#### What is Wind River Hospice House?

Wind River Hospice House is located at the Whistle Bend Place long-term care home in Whitehorse. End-of-life care is provided here on a 24-hour basis in a home-like setting. Wind River Hospice House has eight beds for stays up to six months in length, and four respite beds for a minimum two-week stay.

Wind River House is primarily for:

- Adults with a life-limiting illness in its advanced stages.
- Adults with a prognosis of three months or less.
- Respite care for adults with a palliative diagnosis and prognosis of 12 months or less.

For more information call the Wind River Hospice House RN supervisor at 867-667-9366.

#### Wind River Hospice House philosophy of care

Wind River Hospice House offers Yukoners in the advanced stages of their physical illness with the opportunity to live in a safe environment that values quality of life.

Hospice care accepts death as inevitable, and respects a person's right to die with grace and dignity and seeks to neither hasten nor prolong a person's dying process.

Medical interventions in hospice are primarily aimed at comfort and symptom relief.

Friends and family are supported to continue to participate in the care of their loved one and to access support for themselves.

#### What is palliative care?

Palliative care is a specialized approach to care for people who are living with a life-limiting illness. Often their illness is at an advanced stage. A palliative approach can also begin early, from the time someone receives a palliative diagnosis all the way through end-of-life care.

The goal of a palliative approach to care is to provide comfort and dignity for the person living with the illness, as well as the best quality of life for both this person and their family. Palliative care addresses the person's physical, psychological, social, spiritual, and practical needs and their associated expectations, hopes and fears.

#### Who benefits from a palliative approach to care?

People living with a life-limiting illnesses, and their families, benefit from a palliative approach to care. Palliative care often helps people living with diseases such as cancer, advanced heart or respiratory disease, kidney disease, Alzheimer's, AIDS, ALS and multiple sclerosis.

## How do I know if Wind River Hospice House is the right place for me?

Speak to your health-care provider to understand your diagnosis and prognosis, and to discuss if your goals for care match the philosophy of hospice care.

#### Where is palliative care offered in Yukon?

Most people living with a palliative diagnosis are cared for at home by their family and friends, with support from health services in their community. But it's not always possible to manage a person's care at home. In these cases, palliative care can be provided by health-care professionals in a hospital, long-term care home or hospice. Despite the person not being at home, they and their family are encouraged to take an active part in care planning.

### What is the difference between Wind River Hospice House and Hospice Yukon Society?

Hospice Yukon Society and Wind River Hospice House both share the same palliative care philosophy, but they each provide unique services and supports. Hospice Yukon Society is a non-profit organization that provides programs and services to help Yukoners understand and feel supported through death and grief. It is not a residence where people can spend

For more information about Hospice Yukon Society call 867-667-7429 or visit www.hospiceyukon.net.

For more information visit yukon.ca/en/palliative-care

their final days.

