

## WHY Equity-Informed Palliative Care NOW ?

People experiencing social disadvantage will be among the hardest hit. **Equity-oriented care is needed to ensure that existing disadvantages are not made worse.** They need to be supported and shown they won't be left alone to prepare for an uncertain future.

Many are living with compromised immune systems and physical distancing is not always possible. Friends and family are not a given and supporting agencies have had to limit or discontinue services, such as food, shelter, or medical care. **Regular support systems are crumbling.**

*They are at **HIGH** risk of infection, severe illness, and death.*



## HELPFUL REMINDERS

**Conversations about death and dying are hard...**

Approach with dignity, compassion, and honesty

**Are there other health concerns such as: chronic pain, mental illness, or substance use?**

Use harm reduction approaches to manage pain and prevent withdrawal

Offer connection, reassurance, and continuity of treatment to those in mental health crisis

**Always assume experienced trauma in the health system...**

Provide care in a way that builds culturally safe, trusting, and welcoming environments - build on strengths and resilience



## As a Health Care Provider **WHAT CAN YOU DO ?** *Think of your patient & consider...*

### Is following public health recommendations possible?

Advocate for access to handwashing facilities, safe appropriate housing with places to self-isolate, food, medicine, and services to support them in place

### Are support systems overwhelmed?

Assess their basic needs such as transportation, delivery of meds, food, phone, and other supplies

**Where possible, provide patients with ways to connect virtually or by phone with support persons and chosen family**

### Is an advance care plan in place?

Help them complete one, ensure their needs and wishes are documented and preferred substitute decision makers are identified



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In collaboration with Canadian mobile palliative care teams: **PORT, PEACH, and CAMPP**

