



# SPA-LTC

Strengthening a Palliative Approach  
in Long-Term Care

Strengthening a Palliative Approach in Long-term Care (SPA-LTC) is about making sure that people with life-limiting illnesses have more opportunities to experience a high quality of life from the moment they enter long-term care to the day of their death.

Informed by clinical experience and through original research, a national team of health researchers developed SPA-LTC as an approach to care that draws together best practices in palliative care within long-term care settings across the globe. These practices were tested in Canadian long-term care settings and adapted to fit our local context.

SPA-LTC is a “made in Canada” approach that works. This approach is intended to support the needs of people living with a variety of life-limiting illnesses, including frailty, dementia, end-stage organ disease, and cancer.

<https://spaltc.ca/>

Objectives of the program are:

## **BUILD CAPACITY**

at the organization, team and individual level. Through resources, mentorship, and e-learning.

Implement tools to

## **SUPPORT FRONTLINE STAFF**

delivering a palliative approach to care

Implement tools and approach to

## **SUPPORT RESIDENTS & FAMILIES**

Build a

## **COMMUNITY OF PRACTICE**

Strengthen the

## **PROVIDER & RESIDENT EXPERIENCE**

*If you would like to know more about the program or are interested in participating contact Lesley Hirst Palliative Care Consultant and Lead for Nova Scotia. [Hirstl1@mcmaster.ca](mailto:Hirstl1@mcmaster.ca)*

