

A message from the Palliative Care Resource Team

April 2025



Advance Care Planning

What are the barriers to advance care planning (ACP) according to Canadians?

According to the 2024 poll conducted by Advance Care Planning Canada, [Advance Care Planning: A Closer Look](https://www.advancecareplanning.ca/wp-content/uploads/2024/10/CHPCA-SUMMARY-REPORT_Final-Oct-1-FINAL.pdf)¹, Canadians see value in advance care planning (CHPCA, 2024). The final report found that “82% of people in Canada believe that recording their wishes in advance would help take off the pressure of their loved ones” and 77% agreed that having an advance care plan “makes them feel relieved”. Nevertheless, these statements are sharply contrasted by the finding in the same poll that only one in five Canadians have an advance care plan in place.

The [ACP Canada infographic](#)² on the following page shows common barriers which emerged during the survey. [The full report](#)¹ clarifies more specific barriers as well as possible solutions to the identified advance care planning gap in Canada.

If ACP is part of your practice and you or your team would like more tools and resources or customized education sessions, contact the Palliative Care Resource Team.

The Palliative Care Resource Team
867-667-9380 or palliativecare@yukon.ca

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Important Dates

April is Canadian Cancer Society Daffodil Month:
<https://cancer.ca/en/ways-to-give/daffodil>

April 16 – Advance Care Planning Day: <https://www.advancecareplanning.ca/>

May 4 -10 – National Hospice Palliative Care Week: <https://www.chpca.ca/awareness/national-hospice-palliative-care-week/>

May 12—18—National Nurses week: <https://www.cna-aiic.ca/en/news-events/national-nursing-week>

Start Your Advance Care (ACP) Planning Journey!



Advance Care
Planning Canada

¹ Canadian Hospice Palliative Care Association (2024) Advance Care Planning: A Closer Look. https://www.advancecareplanning.ca/wp-content/uploads/2024/10/CHPCA-SUMMARY-REPORT_Final-Oct-1-FINAL.pdf

² infographic <https://www.advancecareplanning.ca/wp-content/>

Awareness and Attitudes: Insights from an Advance Care Planning Canada National Survey

To gain a better understanding of Canadians' knowledge and attitudes towards advance care planning (ACP), ACP Canada commissioned Ipsos to conduct a national survey in 2024. We wanted to know if people knew what ACP is and if they had a plan. We also wanted to understand the experiences of people who identify as living with a disability.

What did we learn?



82% of people in Canada believe that recording their wishes would help take the pressure off their loved ones.



8 out of 10 people in Canada think we need to be more open about talking about illness and death in our society.



Most people in Canada (77%) agree that having an advance care plan makes them feel relieved.

People with disabilities are more likely to think about their future health and personal care (81%), and many talk about it with others (76%).

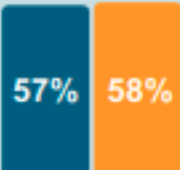


43% of people in Canada think the best time to plan for their future health and personal care needs is when they are healthy.

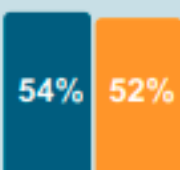


What are the barriers to Advance Care Planning?

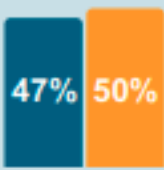
Thinking about a decline or sudden change to my health brings out negative emotions in me.



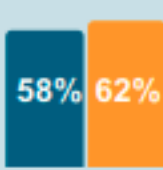
I don't need ACP because my loved one(s) know my wishes and values.



I do not know where to find information or advice about advance care planning.



I can't afford a lawyer or a professional to help me prepare and advance care plan.



% Agree ● General Population ● Living with a Disability

6 in 10 people in Canada say COVID-19 made them think or talk more about their wishes for their health and personal care needs.

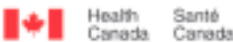


50% of people in Canada say stories about other people's experience shape their own choices about advance care planning.



Financial contribution:

Source: Canadian Hospice Palliative Care Association 2024 Ipsos poll of 3,047 people in Canada. The data were weighted to the latest Statistics Canada Census (2021) by age, gender, region, educational attainment, and disability within region.



The views expressed herein do not necessarily represent the views of Health Canada.

Advance Care Planning Resources

Advance Care Planning—Yukon Resources

- Planning for Your Future Healthcare Choices: Advance Directives in the Yukon
- Abbreviated advance directive

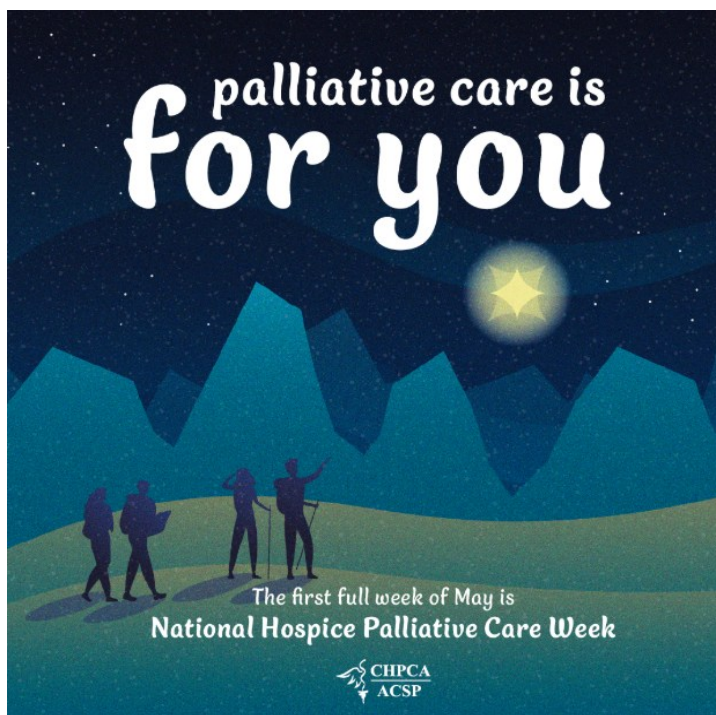
Advance Care Planning Canada

Advance Care Planning Canada has workbooks and resources available in different formats to assist Yukoners to create their plan, choose a substitute decision maker, and start conversations with loved ones.

Canadian Virtual Hospice

Canadian Virtual Hospice offers a variety of tools and resources including Coming full circle: Planning for your care, an advance care planning workbook.

National Hospice Palliative Care Week May 4-10



A message from the Canadian Hospice Palliative Care Association:

“National Hospice Palliative Care Week is a time to celebrate and highlight the incredible work being done to provide quality palliative care across the country. Join us in recognizing the impact of palliative care on individuals and families, and to call for better access to this care for all.

National Hospice Palliative Care Week

We've got you covered

Yukoners can receive palliative care at home, hospital, hospice or long-term care homes.

HOSPICE YUKON
Hospice Yukon is a non-profit organization that offers Yukoners compassionate support when coping with grief and at end-of-life. Services include free counselling, Healing Touch, support groups, learning resources, online programs and a lending library.

WIND RIVER HOSPICE HOUSE
The Government of Yukon, offers Yukoners end-of-life care in a safe environment that values quality of life and comfort. Care is provided 24/7 in a home-like setting at Whistle Bend Place in Whitehorse.

The Yukon government's **Palliative Care Resource Team** helps Yukoners navigate the health care system to best support their palliative care needs. This team of health care professionals provides support, resources and education to health care providers, caregivers and volunteers.

Working together to support Yukoners when they need it most.

HOSPICE YUKON
867-667-7429
info@hospiceyukon.net
www.hospiceyukon.net

WIND RIVER HOSPICE HOUSE
867-667-9367
PALLIATIVE CARE RESOURCE TEAM
palliativecare@yukon.ca or 867-667-9380
www.yukon.ca/palliative-care

Free Public YG Learn Education Modules

- Introduction to Palliative Care Service Delivery in the Yukon: <https://yglearn.gov.yk.ca/palliative-care/3806>
- Yukon Advance Care Planning: <https://yglearn.gov.yk.ca/palliative-care/3031>
- Victoria Hospice Palliative Performance Scale: <https://yglearn.gov.yk.ca/palliative-care/3203>
- Edmonton Symptom Assessment System <https://yglearn.gov.yk.ca/palliative-care/1866>
- Providing Compassionate Care to Your Clients, Their Family Members, Your Coworkers, and Yourself: <https://yglearn.gov.yk.ca/marketplace/courses/3916#/>
- Caring for Ourselves When We Care for Others: <https://yglearn.gov.yk.ca/marketplace/courses/3942#/>



Become a Nav-CARE Volunteer
Making Connections, Making a Difference



Upcoming at



April 14—Supporting the Grieving Child Webinar

April 24—in-person Living with Loss

May 21 & 22—Grief and the Frontline Professions

Details at www.hospiceyukon.net/events

The Palliative Care Resource Team

How does the Palliative Care Resource Team (PCRT) support Yukoner's living with a life-limiting illness and the people caring for them?

- We connect individuals to existing services and programs.
- We provide links to resources and information regarding a variety of topics, including: advance care planning and caregiver specific supports.
- We provide public education sessions.

How does PCRT support Yukon health care providers?

- We assist with health systems navigation.
- We support care transitions and discharge planning.
- We offer symptom management consultation.
- We link health care providers to best practice resources, tools and information.
- We facilitate and provide palliative care education for health care providers.

For more information about the palliative care resource team and our services please contact us at:

Email: palliativecare@yukon.ca

Phone: (867) 667-9380

<https://yukon.ca/en/palliative-care>