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# Hospice Palliative Care First

There are many ways to start the conversation about end-of-life care in Canada. Spreading awareness and education is one of the best ways to advocate for change and ensure that every Canadian has access to quality hospice palliative care.

## PLACES TO GO:

Visit the official Advance Care Planning website at [www.advancecareplanning.ca](http://www.advancecareplanning.ca) for resources to share and distribute.

Learn about the integrated palliative approach to care developed by the Way Forward project at [www.nationalframework.ca](http://www.nationalframework.ca).

Use the “Power of 10” materials developed by the Canadian Hospice Palliative Care Association to spread the word about hospice palliative care in your communities. These materials can be found here: [www.chpca.net/week](http://www.chpca.net/week).

Spread the materials developed for this year’s campaign “Hospice Palliative Care First” found here: [www.chpca.net/hpcfist](http://www.chpca.net/hpcfist).

## THINGS TO DO:

Promote the Hospice Palliative Care First campaign by spreading the resources and posters in your community and by helping inform other health care providers and the general public about what hospice palliative care does.

Think of yourselves as Hospice Palliative Care Champions with a vision that all Canadians of all ages should have access to good pain and symptom management and access to hospice palliative care.

Consider speaking out to the media (op-ed pieces, letters to the editor, etc.) and public about the benefits of Hospice Palliative Care including the fact that Canadians of all ages deserve access to the best health care possible as they near the end of their lives.

Meet with your provincial and/or federal government representatives to promote universal access to hospice palliative care.

Promote and spread the resources from the Speak Up: Advance Care Planning campaign at your local level:  
[www.advancecareplanning.ca](http://www.advancecareplanning.ca).