

5th International Public Health and Palliative Care Conference Hospice Care Ottawa Site Visit

Location:

Hospice Care Ottawa – May Court Hospice site
114 Cameron Avenue
Ottawa, ON K1S 0X1

Ottawa is the Capital city of Canada and is home to 950,000 people. It is located on the southern border of the Ottawa River in Ontario. Ottawa is a very diverse community and is home to many post-secondary schools, cultural institutions, national museums and many government buildings, including the Parliament Hill.

Timing:

11:00 AM to 1:00 PM
Sunday September 17, 2017

Agenda:

- 10:45 AM** **Arrival and Welcome at May Court Hospice**
- 11:00 PM** **Presentation on Hospice Care Ottawa and programs**
HCO staff will present an overview of the residential, community and bereavement programs that are offered across the city of Ottawa.
- 11:30 AM** **Presentation on Compassionate Ottawa**
The Co-Chairs of Compassionate Ottawa will describe the development of a volunteer driven compassionate community initiative from its start in November 2016 to the present. They will outline the steps taken to create a vision, mission and initial program priorities with assistance of a volunteer group and input from two broad community meetings. The progress made in less than a year will be summarized.
- 12:00 PM** **Tours of the May Court Hospice Site—4 tours, 15 minute duration**
- 12:00 PM** **Light Lunch**
- 1:00 PM** **Adjournment**

REGISTER: HCOsitevisit.ticketfi.com

Have questions? Contact **Bonnie Tompkins** at btompkins@pallium.ca or (613) 562 6262 ext.1733

NOTE: MAXIMUM OF 30 PARTICIPANTS

1. Hospice Care Ottawa

Guided tour of the May Court Hospice site and overview of programs that Hospice Care Ottawa provides across Ottawa

WHO WE ARE

Hospice Care Ottawa is a community-based charitable organization that offers palliative and end-of-life programs and services to people living in the City of Ottawa. All services meet the highest care standards in a setting that reflects as closely as possible a comfortable home environment and are provided at no charge to clients and their families.

In January 2013 two founding organizations, Friends of Hospice Ottawa and The Hospice at May Court, amalgamated to create Hospice Care Ottawa. This amalgamation provided increased awareness and funding for hospice care in Ottawa and allowed for efficient delivery of compassionate, high quality hospice care for those when and where they need it.

Today, Hospice Care Ottawa has three sites across Ottawa to serve our community:

- May Court Hospice, Old Ottawa South
- Ruddy-Shenkman Hospice, Ottawa West
- La Maison de l'Est, Ottawa East

The delivery of our programs and services is made possible through the support of a small dedicated staff, many volunteers and generous donors.

OUR PROGRAMMING

Compassion and comfort is the focus of Hospice Care Ottawa. Our services are provided at no charge. We offer emotional and social support to individuals facing a life-threatening illness and living at home through our Day Hospice and In-Home Support programs. When being at home is no longer possible, Hospice Care Ottawa provides 24 hour residential care in a home-like and peaceful environment. Bereavement Care is also available to those who are coping with a loss.

Day Hospice

Hospice Care Ottawa's Day Hospice programs are designed for clients living with a life-threatening illness offering them a day out in a supportive and friendly environment while giving a break for the caregiver. Transportation with a volunteer driver can be arranged to pick up guests in the morning and bring them home in the afternoon. Everyone congregates in the living room for morning coffee, goodies, conversation and laughter. A hot lunch is included and enjoyed by everyone. The day is filled with an array of different activities including our art program, special guests, games, music and therapies. We host six program days across the city at 4 sites across the city.

In-Home Support

Hospice Care Ottawa's In-Home Support program offers emotional and practical help to individuals facing a life-threatening illness who are being cared for at home. The Hospice's professional staff supports trained volunteers who make home visits. These volunteers provide someone to listen, to read, to talk with, help with errands or to simply watch over while the client rests.

May Court Hospice
114 Cameron Avenue
Ottawa, ON K1S 0X1
Tel: 613.260.2906
Fax: 613.260.5510

Ruddy-Shenkman Hospice
110 McCurdy Drive
Kanata, ON K2L 2Z6
Tel: 613.591.6002
Fax: 613.591.7002

La Maison de l'Est
879 Hiawatha Park Road
Orleans, ON K1C 3B1
Tel: 613.424.6560 ext. 223
Fax: 613.424.6570

Residential Hospice Care

When being at home is no longer possible Hospice Care Ottawa provides 24 hour residential hospice care in a home-like and peaceful setting. We have nine hospice beds at our May Court Hospice and twelve beds at our Ruddy-Shenkman Hospice (re-opening Sept. 29, 2017). Our interdisciplinary teams provide physical and psycho-social end-of-life care. Friends and families are encouraged to spend as much time with their loved one as possible.

Caregiver Support

Hospice Care Ottawa offer supports to caregivers who look after someone with a life-threatening illness. Programs include caregiver evening out program which includes complementary therapies e.g. massage, reflexology and reiki; caregiver retreats, telephone support, caregiver yoga and counselling is available to those whose loved one receives services from Hospice Care Ottawa.

Bereavement Care

When someone you care about has died, you are faced with a difficult and challenging journey. You may feel pain, fear, lost, fatigue or a sense of loneliness but you do not need to grieve alone. Hospice Care Ottawa is available to provide support through this process. Our staff and trained volunteers are here to listen and support. Our programs include drop-in groups, partner/spousal support groups, men's groups, retreats, walks and counselling is available to those whose loved one received services from Hospice Care Ottawa.

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