

## Interprofessional Education Day

### «Supporting an Aging Population... A Collaborative Approach in Palliative Care»

*February 23, 2024*

### Learning Objectives

The format of the conference will encourage audience participation through a series of lectures and panel discussions on timely subjects and interactions in palliative care, followed by group discussions.

#### Overall objectives:

At the completion of this conference, the participants will be able to:

- Recognize the importance of caring for an aging population, of the caregiver's contribution to care, and of integrating an early palliative care approach.
- Apply a knowledge base that will enhance the delivery of quality palliative care to an aging population, adapted to these patients' and their family's needs and expectations.

#### Specific objectives:

At the completion of this conference, the primary care practitioners will be able to:

- Describe some of the societal, systemic, and professional influencing factors that play a role in caring for an aging population and how they influence palliative care, thus requiring an interprofessional, collaborative approach to care.
- Understand the role and contribution of different healthcare professionals in caring for older adults who are displaying symptoms of dementia.
- Understand the evolution of dementia and the impact on the person's cognitive and physical health, safety and the ripple effect on the care partners.
- Identify risk factors, signs and symptoms of caregiver stress as well as prevention strategies.
- Identify some of the important decisions and factors that family members need to consider in order to navigate through the various stages of dementia, including transitioning from home to long term and palliative care.
- Recognize the value of the family caregiver's contribution to care, the importance of addressing their experiences when they are caring for an elderly family member, as well as the need for supporting them along the trajectory of care for an aging population through interprofessional expertise and collaboration.
- Understand the value of early discussions on end-of-life care and about the patient's and family's values, hopes, expectations, and wishes.

- Integrate a holistic and evidence-informed perspective on healthy aging.
- Recognize some of the challenges to achieve healthy aging in the context of illness.
- Identify supportive and palliative care strategies that support intentional aging.
- Describe the homecare context of the elderly population: the continuum of care, the challenges faced by elderly patients and their families.
- Explore how to best support an aging population by integrating an occupational therapy / palliative care perspective.
- Describe the current situation for caregivers caring for elderly population, the key areas of discussions related to aging, chronic illness and palliative care.
- Identify key challenges from a clinical perspective in meeting patient and family needs and key points healthcare professionals should be aware of when working with this population at home and palliative care settings.
- Identify some challenges in integrating palliative care models for vulnerable populations (i.e., people with frailty, chronic illness, and functional changes).
- Understand the impact of these challenges on patients and families and the strategies needed for support and advocacy.
- Describe the aging population needs from the perspective of a social worker (e.g. planning for the aging process).
- Understand the needs of the aging population without a medical diagnosis.
- Understand current research trends related to gerontology and palliative care.
- Integrate a palliative care perspective/approach in a public assisted living context such as Long-Term Care facilities or Intermediate Resources.
- Understand the current legal criteria for obtaining medical aid in dying.
- Identify future challenges with the broadening of the criteria for obtaining medical aid in dying.
- Adequately assess a request made in the context of medical assistance in dying.
- Integrate an interprofessional approach to ensure optimal quality of life, dignity, and support for an aging population, along the health-illness trajectory from diagnosis to death and bereavement, in different living contexts, including the provision of end-of-life care.