

- 1. Canadian Virtual Hospice:** This online resource contains a wealth of information and support resources on many of the topics discussed below. This includes online discussion forums that allow people with similar experiences to share in support of one another:
 - http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx

- 2. Advance Care Planning and Serious Illness Conversations:** Discussing wishes and making plans gives people control over their healthcare decisions, and can help to ease uncertainty during difficult times. This is especially true during the COVID-19 pandemic.
 - Island Health's Advance Care Planning webpage
 - www.islandhealth.ca/our-services/advance-care-planning/advance-care-planning
 - Let's Talk Document
 - <https://med-fom-fpit.sites.olt.ubc.ca/files/2020/03/LetsTalkforACPinCOVID-19PandemicwithChronic-Illness23-3-20.docx>
 - Serious Illness Conversation during COVID-19 video
 - <https://youtu.be/Oh1SVOQUn08>

- 3. Mental and Emotional Support**
 - What's Your Grief: When You Can't Be With a Dying Family Member
 - <https://whatsyourgrief.com/cant-be-with-a-dying-family-member/>
 - British Columbia Resource
 - <https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety>
 - Mindfulness
 - <https://childmind.org/article/how-mindfulness-can-help-during-covid-19/>
 - A video on mindfulness: <https://www.youtube.com/watch?v=T0Tv7FuvNJ8>
 - Vancouver Island Crisis Line (365 day a year, 24 hours a day)
 - **Phone:** 1-888-494-3888; **Website:** <https://www.vicrisis.ca/>
 - Family Caregivers of British Columbia
 - www.familycaregiversbc.ca

- 4. Local Hospice: Grief & Bereavement:** Hospice Societies are here for you and your family during these challenging times. Contact or visit the website for your local Hospice Society.
<https://www.vihospices.com/>

- 5. Spiritual Care:** Spiritual Health care supports a person's emotional wellness and is based on the individual's beliefs, values, culture, traditions, and practices. Spiritual Health Practitioners are available to support patients, families and staff at the following Island Health sites: NRGH, CDH, VGH, RJH, SPH¹. You can also connect with your own spiritual, cultural or religious groups in the community for support.

¹ NRGH—Nanaimo Regional General Hospital; CDH—Cowichan District Hospital; VGH—Victoria General Hospital; RJH—Royal Jubilee Hospital; SPH—Saanich Peninsula Hospital

- Island Health's Spiritual Health Services
 - **Email:** SpiritualHealth@viha.ca; **Phone:** 250-755-7691 ext. 54428

6. Indigenous Health/Cultural Safety Support:

- Tsow Tun Le Lum Society's Cultural Support Services: Elders/Traditional Healers are available to provide phone support to hospital patients and community. The Tsow Tun Le Lum Nanaimo Facebook page has supportive messaging, prayers and teachings, including one on cedar and a virtual smudge
 - **Phone:** 1-888-590-3123; **Email:** RHSWCoor@tsowtunlelum.org
- First Nations Health Authority—Mental Health and Wellness
 - **Phone:** 1-855-550-5454; **Website:** <https://www.fnha.ca/benefits/mental-health>

7. Social and Community Connection: Talk with your friends or families about options for virtual (video) connections (such as Skype, FaceTime, Zoom, etc.).

- BC 211 Help Line
 - **Phone:** 211; **Website:** www.bc211.ca

8. Finances/Legal/Practical: Both the Province of British Columbia and the Federal Government have announced support programs for people affected by COVID-19.

- A helpful summary of the COVID-19 supports available
 - <https://newsinteractives.cbc.ca/coronavirusbenefits/>
- Federal Support Programs
 - **Service Canada:** 1-800-622-6232
 - <https://www.canada.ca/en/department-finance/economic-response-plan.html>
- British Columbia Programs
 - **Service BC:** 1-800-663-7867
 - <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>
- TAPS (Together Against Poverty)- COVID-19 factsheets on benefits and rights
 - <https://www.tapsbc.ca/co>
- Other Basic Needs: contact your local grocery stores and pharmacies to inquire about their ordering, pick-up/delivery options during the COVID-19 pandemic.

9. Talking with Children: Talking with children and youth about serious illnesses and end of life carries its own special worries and considerations. This is even truer as we grapple with COVID-19.

- <https://swhpn.memberclicks.net/assets/Supporting%20Children%20Experiencing%20Loss%20of%20a%20Parent%20-%20ENGLISH.pdf>
- www.kidsgrief.ca
- http://www.virtualhospice.ca/covid19/#supporting_children_and_teens
- <https://youthspace.ca/youthspace-resources/>