



**Canadian Hospice Palliative Care Association**

**Association canadienne de soins palliatifs**

FOR IMMEDIATE RELEASE

## **November 20<sup>th</sup> is Bereavement Day in Canada**

(Ottawa, ON) November 20, 2018 - November 20, 2018, will mark the second annual National Bereavement Day in Canada. On this day, the Canadian Hospice Palliative Care Association (CHPCA) invites all Canadians to reflect on the importance of relationships past and present, to think about those who have passed away from our lives, and to help advocate for support at the provincial and national levels for grieving Canadians.

**“Grief and Bereavement is a part of life,”** and CHPCA is challenging Canadians to share their stories and to talk about grief and bereavement and with their friends, families, and co-workers.

“An estimated 279,936 Canadian will die in 2018, and for every one person who has died there are, on average, 5 or more loved ones who live on,” says Sharon Baxter, Executive Director of CHPCA. “We all experience and handle grief and bereavement differently, and this reality has created the need to clarify what resources are available to Canadians dealing with the ends of one’s life. This includes ensuring information and resources on hospice palliative care and advance care planning are accessible to all Canadians; that resources are provided to those who need them in a timely fashion and in the setting of their choice, and that resources meet their care needs. It’s time to talk about grief and bereavement in Canada”.

### **Why is this important?**

As a society, we are so focused on prolonging life and curing illness that very little thought is given to what happens to us during our journey at the ends of one’s life and to those we leave behind. Improving the process also means allowing caregivers and family members who have lost a loved one the time to grieve, to remember, and to heal.

Toward this effort, the CHPCA is the leading national voice for hospice palliative care in Canada. CHPCA believes that it is essential for Canadians to understand that grief and bereavement support is for those who are grieving before, during, and after the course of a loved one’s journey. CHPCA encourages Canadians to start early with advance care planning; that is, reflecting on and discussing their wishes with the people closest to them. Moreover, caregivers, families, and friends need more help to prepare to say goodbye and to live well while grieving the loss of their loved ones.

Grief and bereavement support is an essential element of all care at the ends of one’s life. On this second annual Bereavement Day in Canada, CHPCA encourages Canadians to engage all levels of government and all sectors of Canadian society in a national dialogue, to identify and address the necessary resources for those living with grief and bereavement.

It’s time to talk about grief and bereavement being a part of life in the lives of all Canadians.



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