

# SPA-LTC

Strengthening a  
Palliative Approach to  
Long-Term Care

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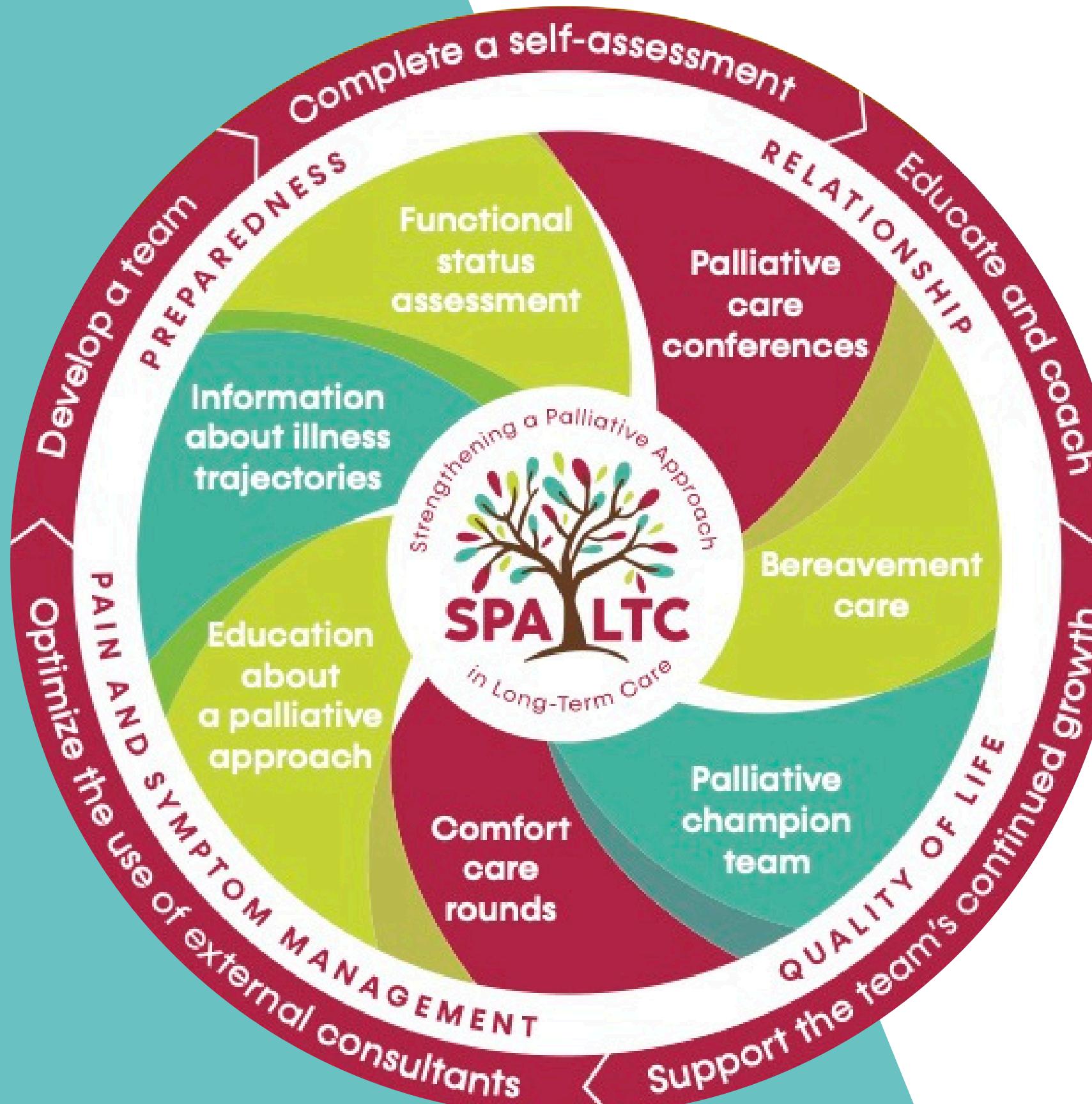
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# What did we do?

- SPA-LTC model was implemented in 9 long-term care homes
- See model for SPA-LTC Components
- Interviews were conducted with staff pre- and post- implementation
- Data analysed using the Ecological Framework (Durlak & DuPre, 2008)

# Why does it matter?

## Needs identified by staff

- Improve understanding of palliative care among staff, residents, and families
- Revive and formalize palliative care practices
- Promote earlier conversations with residents and families
- Create space for staff support and shared grief

**“I think this team will really revive our palliative approach. I’m excited to be a part of it.”**

## Anticipated benefits

- Staff comfort and confidence in providing palliative care
- Support for family decision-making
- Tools and resources to support communication
- Champion teams to foster leadership and support

**“I think it’s helpful if everybody gets the fundamentals of palliative care.”**

**“Verbally, it can sound like a personal opinion, but if there’s something printed from a valid place, everybody believes they are saying the right thing.”**

# What did we learn?

## Leadership and Champions

- Leadership is key to success
- Champions in non-leadership roles helped drive progress
- Leaders who stay connected at ground level were the most effective

**“I think every home in the world needs a champion team to get this conversation started earlier with families.”**

## Adaptation

- Sites adapted the model to fit existing structures and constraints
- Staff viewed SPA-LTC as a framework to personalize to their home and needs
- Flexible delivery was crucial

**“Try to personalize it as much as possible, it’s just a framework.”**

# What should we do next?

## Use the SPA-LTC model as a framework

- Integrate palliative approaches using SPA-LTC as a guiding structure
- Adapt the model to each home's individual context and needs

## Engage champions and leaders

- Identify palliative care champions at all levels and disciplines
- Provide leadership support to ensure coordination and sustainability

## Resources to support critical needs

- Visit [www.spaltc.ca](http://www.spaltc.ca) to access implementation tools, education materials, and additional resources



**SPA-LTC**  
Strengthening a Palliative Approach  
in Long-Term Care



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Canadian Institutes of  
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en santé du Canada

# Thank You

**Connect with us!**

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