





# **Additional Resources**

for Communication at End-of-Life during COVID-19

## Websites:

# VitalTalk - COVID Ready Communication Playbook

Provides practical advice on how to talk about some difficult topics related to COVID-19. <a href="https://www.vitaltalk.org/guides/covid-19-communication-skills/">https://www.vitaltalk.org/guides/covid-19-communication-skills/</a>

# Speak Up Ontario and Vital Talk – Goodbye Phone Script Conversation Script

Goodbye Phone Conversation Script from VitalTalk.

https://www.speakupontario.ca/wp-content/uploads/2020/04/Goodbye-Phone-Conversation-Script-from-VitalTalk.pdf

# Hospice Palliative Care Ontario – Psychosocial and Spiritual Supports for Health Care Workers

Online Sessions of Emotional, Spiritual and Compassionate Care. <a href="https://www.hpco.ca/psychosocial-spiritual-support/">https://www.hpco.ca/psychosocial-spiritual-support/</a>

### Canadian Virtual Hospice: COVID 19 Resources

A list of links on COVID-19 that may be useful to people working in healthcare. <a href="http://www.virtualhospice.ca/covid19/">http://www.virtualhospice.ca/covid19/</a>

#### RNAO and AdvantAge Ontario – Psychosocial Supports During COVID-19

Mental health and wellbeing: resources for psychosocial support during the pandemic. https://rnao.ca/sites/rnao-

ca/files/MH and Well being Psychosocial supports during Covid 19 - April 9.pdf

#### Ontario CLRI – Communication at End-of-Life

Communication at End-of-Life education program. <a href="https://clri-ltc.ca/resource/ceol/">https://clri-ltc.ca/resource/ceol/</a>

## Eli Bay – Outer Stress, Inner Calm

Learn the skills of gaining control over stress. https://www.elibay.com/outer-stress-inner-calm

#### **TEND Academy**

Workplace wellness training for high stress and/or trauma exposed workplaces. <a href="https://www.tendacademy.ca/">https://www.tendacademy.ca/</a>

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# Books/Textbooks:

The Invisible String https://patricekarst.com/

The Invisible String Workbook https://patricekarst.com/

Being with Dying https://www.upaya.org/about/roshi/recommendations/

# The Compassion Fatigue Workbook

https://www.tendacademy.ca/product/the-compassion-fatigue-workbook-new-revised-andexpanded-edition/

**Essentials in Hospice and Palliative Care: A Practical Resource for Every Nurse** https://www.lifeanddeathmatters.ca/palliative-care-practical-resource-for-nurses/

Integrating a Palliative Approach: Essentials for Personal Support Workers https://www.lifeanddeathmatters.ca/integrating-a-palliative-approach-essentials-for-personalsupport-workers/

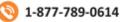
#### Videos:

The Invisible String https://www.voutube.com/watch?v=n5w3dfVFxcw&feature=youtu.be

The Edge of Compassion – Françoise Mathieu TEDxQueensU https://www.youtube.com/watch?v=qbV8UtHqEbw&feature=emb\_logo

Dr. Lindsay MacMillan – Medical Director, Fairvern Nursing Home https://www.voutube.com/watch?v=ebH9ApBN\_fg&feature=share







and initiatives please visit: www.clri-ltc.ca/COVID19