

## **For the Professional / Paraprofessional**

### **Center to Advance Palliative Care (CAPC)**

[www.capc.org](http://www.capc.org)

CAPC provides essential tools, training, technical assistance and connection for all clinicians of every discipline who are caring for people with a serious illness. Events, ideas and resources are easily accessed. Building a better future through palliative care is an upcoming members-only event offered in December. Start or strengthen your palliative care program, address gaps in care and train staff of all specialties and disciplines in communication, pain and symptom management.

### **VitalTalk**

<https://www.vitaltalk.org>

Vital Talk offers evidence-based ‘learnable’ training to improve communication skills allowing you to engage in discussions related to serious illness more effectively. Focus is on patient-centered care.

### **CSU Shiley Institute for Palliative Care**

[csupalliativecare.org](http://csupalliativecare.org)

CSU offers palliative care training for health care professionals and education on how to start home-based palliative care program in your community.

### **National Hospice and Palliative Care Organization (NHPCO)**

[www.nhpc.org](http://www.nhpc.org)

NHPCO is described as ‘Advancing healthcare with a model that works’. NHPCO enhances and expands access to care that addresses holistic health and the well-being of communities.’

Professional chats online, training, education and outreach provided to communities with a person-centered focus to provide patients and loved one’s comfort, peace and dignity when most vulnerable.

### **Hospice and Palliative Nurses Association (HPNA)**

<https://advancingexpertcare.org>

HPNA is the nation's largest and oldest professional nursing organization dedicated to promoting excellence in pain management and end-of-life care.

### **American Academy of Hospice and Palliative Medicine (AAHPM)**

<http://aahpm.org>

AAHPM is an organization of physicians and other medical professionals dedicated to excellence in and advancement of palliative medicine through prevention and relief of patient and family suffering by providing education and clinical practice standards, fostering research, facilitating personal and professional development, and by public policy advocacy



## PALLIATIVE CARE ALASKA NETWORK RESOURCES

### **Social Work Hospice & Palliative Care Network (SWHPN)**

[www.swhpn.org](http://www.swhpn.org)

SWHPN states ‘Our national network of psychosocial care professionals is actively dedicated to providing the best and latest information, professional resources, policy updates, and new and emerging education and research best practices in a palliative and hospice care.’ Relevant to all disciplines and membership includes “The Journal of Social Work in End-Of-Life & Palliative Care.” Professional development events including an annual conference, discussion forums, webinars and other educational, certification and networking opportunities and newsletters.

### **National Association of Social Workers Alaska Chapter (NASW AK)**

[www.naswak.socialworkers.org](http://www.naswak.socialworkers.org)

NASW AK provides professional development, advocacy, news, and event to social workers across Alaska which is relevant to other disciplines. NASW offers bi-annual conferences, lunch & learn series, a spring series and cultural insight into Alaska’s peoples. Linked to National Association of Social Workers actively working in the capital advocating for the needs of our diverse population.

### **International Association for Hospice and Palliative Care (IAHPC)**

<https://hospicecare.com/home/>

(IAHPC) is a not-for-profit organization that promotes communication, facilitates and provides education, and is an information resource for patients, professionals, health care providers and policy makers around the world.

## **Patients and Caregivers**

### **Get Palliative Care**

[Getpalliativecare.org](http://Getpalliativecare.org)

Get Palliative Care is a website providing clear, comprehensive palliative care information for people living with a serious illness. Key features of the site include a Palliative Care Provider Directory, a definition of palliative care, and detailed descriptions of what palliative care does and how to get it. It also provides an interactive quiz to assist you in deciding whether palliative care might be right for you or a loved one. The site is provided by the Center to Advance Palliative Care (CAPC).

### **Palliative Doctors**

<https://palliativedoctors.org>

Palliative Doctors is a branch of American Academy of Hospice and Palliative Medicine that’s geared towards patients and caregivers. A resource to learn more about palliative care and its benefits.



## PALLIATIVE CARE ALASKA NETWORK RESOURCES

### **Caring Connections**

<https://www.nhpco.org/patients-and-caregivers/>

Caring Connections is a program of the National Hospice and Palliative Care Organization (NHPCO). It provides free resources and information to help people make decisions about end-of-life care and services before a crisis and can help people connect with the resources they need, when they need them.

### ***Alaska Hospice Support*** — — — — —

**Note: Medicare Certified Hospices** operate under a set of regulations set by Medicare. Medicare Part A, Medicaid, and many private insurances cover the cost of care. Hospice receives a “per diem” rate for the level of care provided: the hospice covers all care, medications, and equipment needed to keep a patient comfortable and supported physically, emotionally, and spiritually. Care is provided by a team which includes a medical provider, registered nurses, social workers, nursing assistants, spiritual care practitioners. Hospice focuses on comfort and care when the goal is no longer further efforts to cure a serious illness. The patient and family are part of the team and the goals are determined by the patient and family.

In Alaska, care is primarily provided in the patient’s home setting – hospice brings services to the patient. Hospice also offers Respite Care (usually in a facility) and can may provide intensive symptom management in a hospital setting if needed.

All Medicare Certified Hospices provide a year of **BEREAVEMENT SUPPORT** (at no cost) after the death of a hospice patient. They also provide some level of bereavement and grief support for the community. Contact a local hospice to find out more about their individual community grief support programs

### **Home Health Care and Hospice, Anchorage**

<https://ancoraalaska.com>

### **Frontier Home Health Care and Hospice, Anchorage**

[www.frontierhhh.com](http://www.frontierhhh.com)

### **Providence Hospice, Anchorage**

<https://alaska.providence.org/hospice>

### **Ancora Home Health Care and Hospice, Wasilla**

<https://ancoraalaska.com>

### **Hospice & Home Care of Juneau, Juneau**

[hcj@ccsjuneau.org](mailto:hcj@ccsjuneau.org)

**Fairbanks Memorial Hospital, Fairbanks**

<https://www.foundationhealth.org/fmh/services/hospice>

***Alaska Cancer Support***-----

**Let Every Woman Know (LEWK)**

<https://leteverywomanknow.org>

LEWK is a non-profit organization that provides creative statewide education, support, advocacy and arts programs unique to Alaska's diverse communities and is dedicated to preventing, facing and ending gynecologic cancers. Free support group meets 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays from 12pm-1:30pm at the Providence Health Building, Conference Room 2401.

**Women Listen**

<http://womenlisten.org>

Women Listen is a group of local women dedicated to the mission of supporting women living with cancer by focusing on sharing information, offering emotional support and practical ideas, advocating for people with cancer, and connecting women in meaningful ways. Free support meetings every Friday mornings from 10:00am -11:30 a.m. To take part, please email us at [news@womenlisten.org](mailto:news@womenlisten.org) no later than Thursday evening.

**Anchorage Young Cancer Coalition (AYCC)**

<https://anchorageyoungcancer.com>

AYCC provides emotional support and empowerment through building community, improving quality of life and providing meaningful survivorship to those affected by young adult cancer. Our vision is no survivor alone.

**Hopeful Connections**

[https://www.facebook.com/pg/HopefulConnectionsCancerSupportGroup/events/?ref=page\\_internal](https://www.facebook.com/pg/HopefulConnectionsCancerSupportGroup/events/?ref=page_internal)

Hopeful Connections is an Alaska Native cancer group that supports cancer survivors, their friends and family when dealing with cancer. Members of this program share their stories and knowledge through group sessions, projects and community engagement. Meetings are held from 10 am – noon every Saturday at the Hannah Solomon building, 317 Wendell Street, Fairbanks. For more information, contact Karen Eddy at (907) 452-5225.

**Us Too**

<https://www.ustoo.org/search?Q=alaska>

Us Too raises awareness and provides educational resources and support services to those affected by prostate cancer to help them learn to fight this disease. The power of Us TOO is in helping men and those who love them by transforming resignation into determination and fear into Hope. Group meets every Wednesday, call Dave Jaeger at (907) 333-8624 for more information.



**PCAN**  
PALLIATIVE CARE ALASKA NETWORK  
COLLABORATION. EDUCATION. ADVOCACY

## PALLIATIVE CARE ALASKA NETWORK RESOURCES

### **Just Us Girls Support Group (JUGS)**

<https://www.facebook.com/pages/category/Charity-Organization/Just-Us-Girls-Support-612520689144983>

J.U.G.S is a fun support group for the women in the Mat-Su Valley who have been diagnosed, currently on treatment, or are in remission of cancer. Please visit their Facebook page for more information on upcoming events and support or call Lynn Nordland at (907) 631-8810.

### **General Cancer Support Group**

[www.interioralaskacancer.org](http://www.interioralaskacancer.org)

This is a support group for patients, family members and friends who are coping with cancer-related issues. This group meets on the 1st and 3rd Wednesdays of the month at 7pm.

### **Cancer Connection**

<http://www.cancerconnectionak.org/programs.html>

A program created to provide cancer patients with someone to talk to who has “been there and done that,” someone to talk to that really understands how you feel. Call (907) 796-2273 for more information and to be matched with someone who has had a similar experience and can offer ongoing support.