



GENERAL INFORMATION GUIDE



Alberta Northwest
PALLIATIVE CARE
SOCIETY



MORE INFO
www.abnwpalliative.ca

CALL US
Tel: 780-897-0066

Alberta Northwest Palliative Care Society

General Information Guide

Welcome

When someone is living with a progressive, life-limiting illness, it can feel overwhelming. No one should have to navigate that journey alone.

The Alberta Northwest Palliative Care Society (ABNWPCS) is here to walk alongside individuals and families with compassion, dignity, and support.

This guide explains who we are, what we offer, and how to access our programs and services whether at hospice or at home.





Who We Are

The Alberta Northwest Palliative Care Society (ABNWPCS) is a charitable organization dedicated to supporting seniors, individuals, and families of all ages affected by progressive life-limiting illnesses throughout northwest Alberta. Our work spans the full continuum of palliative care: from diagnosis and ongoing support through end-of-life care, grief, and bereavement support.

We believe in compassion, dignity, and community. Our aim is to ensure that everyone facing progressive life limiting illness — and their loved ones — receives holistic care that addresses not only medical needs, but also emotional, social, spiritual, and practical concerns. We strive to create positive spaces where individuals and families can experience comfort, joy, and connection even in challenging times.

Our Mission

Alberta Northwest Palliative Care Society is dedicated to supporting individuals and families affected by progressive life limiting illnesses through compassionate care, high quality programs, and education for all ages.

Our Vision

We envision a Northwest Alberta where palliative care is understood, accessible, and connected, reaching individuals and families in large and small communities so no one faces a life-limiting illness alone, wherever they live or choose to die.

Our Four Pillars

Our work is guided by foundational pillars that shape our philosophy and community engagement:

- **Education** — Knowledge empowers support. We raise awareness about palliative care and foster understanding through outreach and resources.
- **Advocacy** — We stand as a voice for those navigating serious illness and end-of-life care, promoting dignity, fairness, and justice.
- **Sustainability** — We are committed to long-term, responsible, compassionate care for individuals, families, and communities.
- **Support** — We offer consistent and responsive care. Whether through volunteer services or resource connections, we stand beside individuals and families with compassion and respect.

Our Team

ABNWPCS is powered by volunteers, staff, and community partners who work together to support palliative and end-of-life care in northwest Alberta.

Volunteers are at the heart of what we do, offering companionship, comfort, and kindness.

Our staff coordinate programs, train volunteers, support families, and help ensure care is delivered with dignity and compassion. We value moments of connection, joy, and comfort in every interaction.

Why We Exist

Facing a life-limiting illness, end-of-life, or grief can be overwhelming. ABNWPCS strives to ensure no one has to face that journey alone. We provide comfort, connection, dignity, and support, creating spaces where hope and human connection can still grow, even in difficult times.

What Is Palliative Care?

Palliative care is specialized support focused on improving quality of life for individuals living with a serious or life-limiting illness at any stage. It addresses physical symptoms such as pain, fatigue, or nausea, while also providing emotional, social, and spiritual support.

Palliative care can begin at any stage of illness from diagnosis onward and can be provided alongside curative or life-prolonging treatments. The goal is to ensure comfort, dignity, and support for both individuals and their families.

Hospice vs. Palliative Care: What's the Difference?

While both hospice and palliative care focus on comfort and quality of life, they differ in timing and scope:

- Palliative Care can be provided at any stage of a serious illness and may be offered alongside treatments aimed at curing or managing the disease.
- Hospice Care is typically for individuals who are nearing the end of life, when curative treatment is no longer being pursued and care is focused entirely on comfort and support.

In simple terms, all hospice care is palliative, but not all palliative care is hospice. Both approaches share the same heart compassion, dignity, and holistic support but are offered at different points along the journey.





Alberta Northwest
PALLIATIVE CARE
SOCIETY

Programs

We provide comfort and connection
through community programs:



Volunteer Companionship & Support



Sheep Skin & Slider Sheet Loaner
Program



Comfort Care Bags (practical and
comfort items for patients & families)



iPad Loaner Program (stay
connected, reduce isolation)



Grief & Bereavement Support

Comfort • Dignity • Compassion • Community

SCAN HERE



You are not alone.
We walk with you when it matters most.

To connect to our supports & programs contact us at
205-10134 97th Ave. Grande Prairie, Alberta T8V 7X6
Tel: 780-897-0066
admin@abnwpalliative.ca

Our Programs



Our Programs

A palliative care volunteer provides compassion and support during life's most difficult times — offering comfort from diagnosis through grief and loss.

Volunteer Program

Our trained volunteers offer companionship, practical help, and compassionate presence in a variety of ways:

- Friendly Visitors
- Helping Hands
- Vigil Support
- Musical Performances
- Pen Pals

Comfort Care Bags

Thoughtfully designed to provide warmth, comfort, and a sense of care to individuals receiving palliative support and their loved ones.

Sheepskin and Slider Sheet Loaner Program

Our medical-grade sheepskins provide essential support for individuals at risk of pressure ulcers, diabetic wounds, and other chronic sores. A variety of sizes are available to meet individual needs.

Slider sheets make repositioning safer and more comfortable by reducing friction and skin shear while easing physical strain on caregivers.

iPad Loaner Program

Helping individuals stay connected through video calls, games, and access to news and information. Our iPads provide an easy way to bridge the gap and reduce isolation.

Grief Supports

Support is available across the full spectrum of grief — from anticipatory loss through bereavement and beyond.

Quiet Reflections offers a welcoming space for reading, journaling, quiet reflection, or gentle conversation, along with access to a grief resource library for all ages.

Circle of Care Program

The Circle of Care program offers compassionate, in-home, non-medical volunteer palliative care, supporting individuals and families to remain at home with dignity and comfort, no matter where they live.

Serving Northwestern Alberta with compassionate care at no cost.

HOW TO ACCESS

Contact our office to request a volunteer or for more information:

✉ admin@abnwpalliative.ca

☎ 780-897-0066

Visit: abnwpalliative.ca/programs/volunteer for more information

Sheepskin & Slider Sheet Loaner Program

Sheepskin Sizes Available:

- Full bed
- Bairatric
- Chair
- Full bootie
- Half bootie
- Elbow pad



Slider Sheet Sizes Available:

- Full bed
- Bairatric



The Alberta Northwest Palliative Care Society offers a Sheepskin and Slider Sheet Loaner Program to enhance comfort for individuals receiving palliative care.

Sheepskins are soft, supportive, and comforting, providing warmth and a soothing surface for residents in hospice or at home. Each sheepskin also comes with a cleaner, making it easy to maintain and keep fresh.

Why Sheepskins Are Great:

- Provide gentle cushioning and support for sensitive skin
- Add warmth and comfort for resting or sitting
- Help improve overall comfort and quality of life for residents

The Sheepskin Loaner Program is an easy, practical way to bring extra comfort and warmth to residents and clients, supporting dignity and well-being in palliative care.

Slider sheets are low-friction mobility aids that help caregivers safely reposition or move individuals in bed. They reduce friction and skin shear, improve comfort and decrease the physical strain associated with lifting and repositioning.

All of our services are offered free of charge.

HOW TO ACCESS

Contact our office to request a sheepskin or for more information:

✉ admin@abnwpalliative.ca

☎ 780-897-0066

Visit: abnwpalliative.ca/programs/sheepskin-loaner for more information

iPad Loaner



The Alberta Northwest Palliative Care Society offers an iPad Loaner Program to help individuals stay connected with family, friends, and their communities during palliative care.

How It Works:

Participants are set up with the device and guided on its use to ensure confidence and ease.

There are three iPads available at Hospice that can be loaned to residents and their families as needed. If more iPads are needed, these can be arranged by contacting the Society.

Why It's Valuable:

Supports meaningful connections during challenging times.

Provides access to video calls, messages, and online activities.

Available at no cost, making it accessible to anyone in need.

This program helps participants stay connected, supported, and engaged, enhancing quality of life even when in hospice or home care.

All of our services are offered free of charge.

HOW TO ACCESS

Contact our office to request a iPad or for more information:

✉ admin@abnwpalliative.ca

☎ 780-897-0066

Visit: www.abnwpalliative.ca/programs/ipad-loaner/ for more information

Grief Support



At the Society, we recognize that grief touches every part of life—emotional, physical, social, and spiritual. Loss can feel overwhelming, and there is no “right” way to grieve. Our goal is to provide support, understanding, and resources to help individuals and families navigate this difficult journey.

Quiet Reflections is our dedicated grief space in the office. It includes a **grief resource library** with books and materials for all ages, from children and teens to adults and older adults, covering many types of grief and loss.

The space offers soft seating and the option of tea or coffee. You can read, journal, sit in stillness, or have a quiet conversation.

Some people use the space to reflect alone, while others find comfort sharing with someone who understands.

Grief Companionship is provided by Marianne Hartman, who is currently trained under Dr. Alan Wolfelt in the Companionship Model of Grief. This compassionate, heart-centered approach emphasizes listening, presence, and understanding, helping people explore their feelings and honor their experiences. Marianne works alongside individuals and/or families to provide guidance, support, and encouragement through each stage of the grieving process.

In addition to our free in-house supports, the Society can connect members with other therapeutic resources—such as counseling, support groups, or specialized programs—tailored to individual needs. We aim to remove financial barriers whenever possible.

Grief is a deeply personal experience, and each journey is unique. At the Society, we aim to offer a safe, welcoming space where members can feel seen, heard, and supported every step of the way.

HOW TO ACCESS

Contact our office to request grief supports or for more information:

✉ admin@abnwpalliative.ca

☎ 780-897-0066

Visit: www.abnwpalliative.ca/programs/grief-support/
for more information

Donation Policy



Donations & Honoring a Loved One

Some families ask how they can give back.

The Alberta Northwest Palliative Care Society is a registered charity. Donations help us continue offering programs and comfort supports in our community.

Families may:

- Make a general donation
- Direct a donation to hospice or a specific program
- Make a memorial donation in honor of a loved one

If you would like to honor someone through a memorial gift, we can provide an “Honoring a Loved One” form (next page). A letter of thanks and official tax receipt will be provided.

There is never any expectation to donate. If you choose to give, please know your support helps make this work possible, and we’re deeply grateful.

The Society can only accept donations that are in their name.

Charitable receipts will be issued as per the CRA guidelines .

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<https://www.abnwpalliative.ca/>

ABNWPCS is a registered charity (Registration #81228847ORRR001).



Honoring a Loved One



If you would like to honor a loved one with a memorial donation to the Alberta Northwest Palliative Care Society, please provide the necessary details when making your contribution.

The Board of Directors, staff, and volunteers of the Alberta Northwest Palliative Care Society extend their heartfelt condolences. We are grateful for your thoughtfulness during this time of loss. Your memorial gift not only honors your loved one but also supports compassionate care for others in our community.

Donations made in memory of: _____

Family Contact Information

Name: _____

Address: _____

City: _____

Province _____

Postal Code _____

Email: _____

Phone: _____

A letter of thanks will be sent to all donors, and official receipts will be provided.

We deeply appreciate your generosity and thoughtfulness. If you have any questions or if there is any way we can assist you, please feel free to reach out—we are here to help.

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How to Access Supports



If you're feeling overwhelmed, need someone to sit with your loved one, could use a short break, or would like to talk about grief — before or after a death — we are here for you.

If you would like to access any of our services, including volunteer visits, sheepskins, iPads, comfort items, or grief support, please reach out to us directly.

Contact our office for more information:

✉ admin@abnwpalliative.ca

☎ 780-897-0066

Visit: www.abnwpalliative.ca

CONTACT

Quick Guide: How We Can Help

We can provide:

- ✓ A friendly visitor
- ✓ Someone to sit with your loved one
- ✓ A sheepskin for comfort
- ✓ Slider Sheets
- ✓ An iPad to connect with family
- ✓ Practical comfort items
- ✓ Grief support – now or later

All services are free.

All support is optional.

We are here when you are ready.

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