



How palliative care supports daily life

Palliative care helps address daily challenges; physical, emotional, social or spiritual, reducing stress and uncertainty for people living with serious illness.

(NC) According to a Health Canada report, almost half of Canadians believe that palliative care is only provided when treatment is no longer an option. This myth makes people feel as though palliative care is about “giving up.”

In fact, palliative care is active care that supports people living with serious illness, from the moment of diagnosis, not just at the end of life.

Supporting physical health. Managing symptoms is a key part of palliative care. This support helps maintain and improve quality of life and can happen alongside treatments aimed at controlling or curing the illness.

Supporting well-being. Serious illness can bring difficult and unpredictable feelings for people living with the illness as well as for those who care for them. Grief is a natural response to loss and change, and palliative care includes support for emotional, psychological and spiritual well-being, including guidance and resources for navigating grief.

Building a network of care. While some people receive care from palliative care specialists, most people living with

serious illness get support from other sources: it’s called a palliative approach to care. It involves a wide range of health and social service providers, depending on a person’s needs. This support can be provided in many settings, including hospices, community spaces, hospitals and even at home. The goal is to create a network of care that adapts to changing needs and helps people maintain independence, connection and quality of life.

Keeping values at the centre of care. Every person’s illness and experiences are unique. Palliative care focuses on aligning care with personal values, goals and beliefs. This lets the individual define quality of life, and receive care that supports their priorities and preferences.

Life with serious illness can change from day to day, and so can the care it requires. Palliative care helps address daily challenges; physical, emotional, social or spiritual, reducing stress and uncertainty for people living with serious illness and those who care for them, while helping people make the most of each day. Learn more at canada.ca/palliative-care.

Facts about tissue donation

(NC) Tissue donation can dramatically improve or even save the lives of others. While organ donation often receives more attention, eye and tissue donation includes parts that play just as important a role in healthcare, such as corneas, skin, heart valves and bones.

Unlike organs, many tissues can be donated up to 24 hours after death and can be stored for longer periods, increasing the opportunity to help those in need.

But one of the biggest deciding factors between those who donate and those who don’t comes down to whether they’ve talked about organ, eye and tissue donation with their loved ones. Here are some key points to consider:

Donation rates are low. Ninety per cent of Canadians say they support organ and tissue donation, but only 32 per cent have registered their decision to donate. Even with thousands of Canadians donating tissue every year, donation rates still fall short of patient needs.

Eye and tissue donation eligibility is different. Only one to two per cent of people who pass away are eligible for organ donation, but many more can be considered for eye and tissue donation. The



working parts of your eyes, such as the cornea (the lens) and the sclera (the white part), can be transplanted to help those with diseased or damaged eyes. The number of people needing cornea transplants is expected to grow due to the aging population.

You can make a difference. While organ donation can save up to 8 lives, eye and tissue donors can improve the lives of up to 75 patients.

The entire eye is not removed. Eye donation involves recovering the cornea, which is the clear, dome-shaped surface of the eye, not removing the entire eye.

Even though they can change lives, eye donations often face more resistance than other forms of donation. This is partly due to cultural and emotional perceptions—eyes are frequently viewed as the “windows of the soul,” which can make donating them feel deeply personal. But doing so can make a tremendous difference: it can give someone in need the gift of sight.

Learn more about organ and tissue donation at donateyourtissues.ca.

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Vaisakhi – April 14

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Victoria Day – May 18

Shavuot – May 21-23 Eid al-Adha – May 26-30

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