

# Culturally-Relevant End of Life Care in Humboldt County

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## Community Need Statement

All individuals deserve access to quality end-of-life care. Access to palliative care is considered a human right, but fewer than 1 in 8 people who need palliative care have access to it and lack of access to palliative care increases suffering for patients and families, as well as increasing the burden of healthcare costs.

Humboldt County currently has a small number of formal palliative & hospice care organizations, however, whether or not these providers deliver culturally-relevant palliative & hospice care for Indigenous clients has yet to be determined.

The purpose of our community project is to explore and assess whether any formalized local Indigenous palliative and hospice care services and resources exist in Humboldt County. Research was conducted to gauge the availability and accessibility of culturally-relevant end-of-life care services.

## Acknowledgements

- *Jamie Jensen, MSW, PhD, Community Partner*
- *The Full Life Institute @ Cal Poly Humboldt*
- *All medical, health and social services professionals interviewed for project*
- *Local tribal communities of Humboldt & Del Norte counties*
- *Local palliative & hospice care agencies and organizations*
- *Cal Poly Humboldt MSW cohort*



## Method

### Information Gathering

- Scholarly research on Indigenous palliative & hospice care
- Environmental Scan of local palliative & hospice care services, resources and agencies
- Preliminary informal interviews with local tribal members
- Key informant interviews with local medical, health and social services professionals

### Data Analysis

- Data will be analyzed and refined through content and thematic analysis of formal interviews

### Results

- Executive Summary with key findings and recommendations will be created in digital format

## Deliverable/Results

- Executive Summary will be provided to all participants, stakeholders, tribes and local agencies involved in end-of-life care
- Research results highlight gaps, barriers, challenges, strengths and needs of existing local programs, services & resources
- Themes which emerged through data analysis:
  - More collaboration & communication between tribes and agencies/providers,
  - Need for culturally-relevant tribal spiritual support,
  - Need for tribal liaisons between agencies/providers and tribes,
  - Need for culturally-relevant training/education specific to local tribes and cultures,
  - Increase service areas and accessibility to hospice services
- Data can be used to train and inform practitioners in providing culturally-relevant end-of-life care to local Indigenous patients and families
- Data can be used to advocate for program & grant development for Indigenous-centered end-of-life care services and resources
- This project can be sustained and evolved by future researchers

## Theoretical Issues/Literature

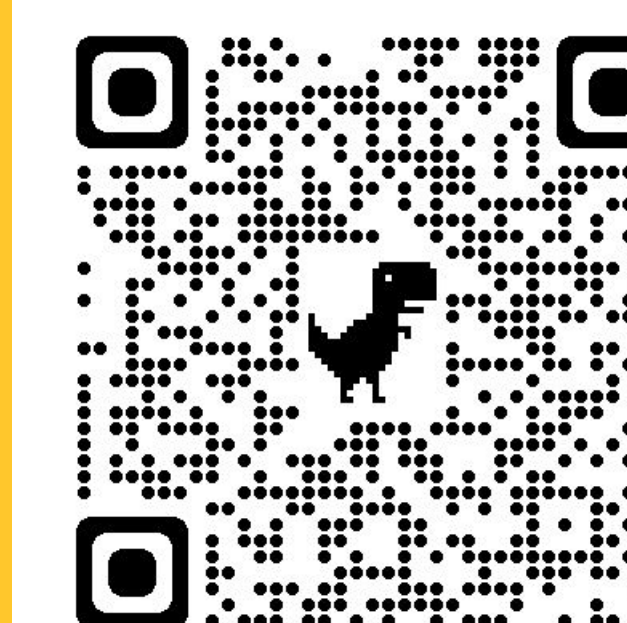
- Community-Based Participatory Research
- Ecological Systems Theory
- Historical Trauma Theory
- Theory of Human Caring

## Credibility Statement

- I've worked in the field of mental and behavioral health for the last 5 years
- I'm a Behavioral Health Intern at UIHS, Potawat Health Village
- I'm a non-Indigenous researcher

\*I want to acknowledge the context, history and ongoing impacts of colonialism on Indigenous communities in this region. I hope this project and the recommendations will benefit the local tribal communities in advocating for more equitable and culturally-safe palliative & hospice care services and resources in Humboldt county.

## References



# Tips!

- Title:
  - Make it catchy! It is the first or second thing a person will see (image/graph will be the other). Titles should tell us something about what you did (but maybe not the outcome or results)
- Theory/Literature:
  - This is your opportunity to show key points in the literature (i.e. gaps and why you did your project; relevant theories or authors that impacted your thinking etc.)
- Acknowledgements:
  - I.e. Community partner, Elders, Family, friends, influences to the project.
- Figures/Images/Graphs:
  - A key finding. An image of your project (note: photos of people need their permission). A word cloud. Something that will catch our eyes!
- Method:
  - Step by step process. If too many words, use bullet points, key points only
- Deliverable & Results
  - Simply stated, what is it? What are they key findings (if research-based)
  - Sustainability/next steps?