

Prepared as part of the  
"Fostering End-of-Life  
Conversations, Community,  
and Care among LGBT Older  
Adults" research funded by  
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Research Grant Program

# Nova Scotia LGBT End-of-Life Resource Inventory



## **Disclaimer**

The information contained in this resource inventory is for general information purposes only and is intended to support, not replace, professional resources and consultation.

Inclusion of any resource in this inventory/guide does not constitute an endorsement by the authors, principal investigators, Mount Saint Vincent University, Dalhousie University, partner organizations, or TVN (Technology Evaluation in the Elderly Network). We make no representations or warranties of any kind, expressed or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information, products, services referred to in this guide for any purpose. Any reliance placed on such information is therefore strictly at your own risk. In no event will we be liable for any loss or damage including without limitation, indirect or consequential loss or damage, or any loss or damage whatsoever arising from the use of this guide.

## ***About the Inventory***

This inventory was created as part of a national study looking at end-of-life preparation in older lesbian, gay, bisexual, and/or transgender (LGBT) adults ("Fostering End-of-Life Conversations, Community, and Care among LGBT Older Adults").

The goal of this inventory is to provide information on resources that are available to older LGBT adults in Nova Scotia relating to end-of-life preparation.

We recognize that "LGBT" may not fully describe the entire spectrum of the rainbow community and we include other diverse identities in this umbrella term. We also sought information for community members who identify as queer or questioning, intersex, asexual, and two-spirited. Our team elected to use the acronym most commonly used in both research and conversation (LGBT); our decision was influenced by experience and research reporting that most older adults do not identify as "queer" with some finding it an offensive term (rooted in its historical pejorative usage). It should be noted that acronyms other than "LGBT" may appear within the various listings in this inventory to reflect the organization's terminology.

LGBT "friendliness" was defined using three tiers by research members at Simon Fraser University in Vancouver:

1. An "**LGBT Organization**" is an organization that is developed by and/or for LGBT persons.
2. An "**LGBT Friendly (Formal)**" organization is an organization that openly advertises LGBT friendliness on their website by way of content such as in mission statements, codes of conduct, or other LGBT inclusive statements. To be included in this category such statements had to be LGBT specific and general statements such as "we recognize diversity" did not qualify.
3. An "**LGBT Friendly (Informal)**" organization is one that advertises as LGBT friendly in an LGBT directory or is referred to as LGBT friendly by an LGBT directory or a service provider with links to the LGBT community. Such organizations did not specifically advertise LGBT friendliness on their websites.

Resources in this inventory were found through a variety of methods including (but not limited to): Internet searches, partner organization reference, and community member suggestion. A key finding using this approach was that very little intersection was found among the search parameters. Few websites designed for the LGBT community possessed information in regard to end-of-life planning. Similarly, websites with information pertinent to end-of-life possessed little or no reference to the LGBT

community. We consider this finding to be somewhat alarming in light of a growing body of research that highlight the importance of making services and programs relevant to LGBT clients.

In our effort to provide users with the best possible resource, a second table follows our LGBT end-of-life inventory with a selection of general listings (end-of-life relevant with no reference to LGBT).

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## Nova Scotia LGBT End-of-Life Resource Inventory

Agency Name	Contact Information	Address	Hours of Operation	LGBT Inclusivity
<b>HEALTH AND WELLNESS</b>				
<b>AIDS Coalition of Nova Scotia (ACNS)</b>	<b>Web:</b> <a href="http://acns.ns.ca">http://acns.ns.ca</a> <b>Phone:</b> 902-425 4882 or 902-429 7922 Toll free: 1-800-566 2437	1668 Barrington Street, Suite 401, Halifax NS B3J 2A2		LGBT Friendly (Formal)
<ul style="list-style-type: none"> <li>Treatment Information: keeps up to date treatment information on current HIV issues including medications, adherence strategies, alternative treatments, diet and nutrition, medication interactions and mental health.</li> <li>Support groups and counselling for PHAs.</li> <li>Targeted campaigns for gay and bisexual men's sexual health</li> </ul>				
<b>Ally Centre of Cape Breton</b> <i>(formerly AIDS Coalition of Cape Breton)</i>	<b>Web:</b> <a href="http://aidscoalitionofcapebreton.ca">http://aidscoalitionofcapebreton.ca</a> <b>Phone:</b> 902-567-1766	150 Bentinck Street, Sydney, NS B1P 4W4		LGBT Friendly (Formal)
<ul style="list-style-type: none"> <li>Anonymous HIV Testing</li> <li>Education services</li> <li>PHA support</li> <li>Needle exchange program</li> <li>LGBT resource centre</li> </ul>				
<b>Halifax Sexual Health Centre</b>	<b>Web:</b> <a href="http://hshc.ca/">http://hshc.ca/</a> <b>Phone:</b> 902-455-9656 <b>Facebook:</b> <a href="http://facebook.com/HSHCNS">http://facebook.com/HSHCNS</a>	6009 Quinpool Road, Suite 201, Halifax, NS B3K 5J7	Monday to Friday, typically 8:30 a.m. to Noon and 1 to 4 p.m. (Some evenings, contact for more information)	LGBT Friendly (Formal)

- Anonymous HIV Testing
  - Sexual health services (e.g. STI testing, pap smears, HPV vaccine, testicular and prostate exams)
  - Moving into transgender health with assistance with hormone injections and assessments
  - Hosts counseling services
- (Clients do not need to be residents of Halifax.)

<b>Healing Our Nations</b>	<b>Web:</b> <a href="http://www.hon93.ca/">http://www.hon93.ca/</a> <b>E-mail:</b> <a href="mailto:ea@accesswave.ca">ea@accesswave.ca</a> <b>Phone:</b> 902-492-4255 1-800-565-4255 (toll-free)	31 Gloster Court Dartmouth, NS Canada B3B 1X9		LGBT Friendly (Formal)
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- Aboriginal-focussed HIV and AIDS education and prevention group
- Financial help for First Nations People living with HIV/AIDS living in Atlantic Canada
- Educational workshops

<b>Northern AIDS Connection Society (NACS)</b>	<b>Web:</b> <a href="http://northernaidsconnectionsociety.ca">http://northernaidsconnectionsociety.ca</a> <b>E-mail:</b> <a href="mailto:nacs@eastlink.ca">nacs@eastlink.ca</a> <b>Phone:</b> 902-895-0931 1-866-940-AIDS (2437)	33 Pleasant Street, Truro, NS B2N3R5		LGBT Friendly (Formal)
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- Client referrals
- Individual and group support.
- Needle exchange
- Assistance in navigating social services

<b>Nova Scotia Department of Health and Wellness</b>	<b>Web:</b> <a href="http://novascotia.ca/dhw/">http://novascotia.ca/dhw/</a> <b>Phone:</b> Access Nova Scotia Toll Free Number - 1-877-404-0867 Primary Health Care Information - 8-1-1	Multiple locations.		LGBT Friendly (Informal)
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- If you call 811 you will have access to non-emergency health information and services
- Continuing Care Services and Programs available

<b>PCCN Halifax Rainbow Warriors</b>	<b>E-mail:</b> <a href="mailto:rainbowwarriors@eastlink.ca">rainbowwarriors@eastlink.ca</a> <b>Phone:</b> 902-454-9279	Prostate Cancer Canada Atlantic, 5121 Sackville Street, Suite 101, Halifax NS B3J 1K1	3rd Wednesday of the month, 7 pm	LGBT Friendly (Formal)
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- Prostate cancer support group for gay/bi men and their families.

<b>prideHealth</b> (a program of the Nova Scotia Health Authority in partnership with the IWK)	<b>Web:</b> <a href="http://prideHealth.ca">http://prideHealth.ca</a> <b>E-mail:</b> <a href="mailto:pridehealth@nshealth.ca">pridehealth@nshealth.ca</a> <b>Phone:</b> 902-473-1433 <b>Facebook:</b> <a href="http://facebook.com/prideHealthHfx">http://facebook.com/prideHealthHfx</a>	6960 Mumford Road, Halifax, NS		LGBT Organization
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- One-to-one health care with a nurse practitioner
- Health care system navigation assistance
- Tools and resources (including a guide for those who are transitioning and a directory of health and wellness providers)
- Anonymous HIV testing

**CAREGIVING SERVICES**

<b>Caregivers Nova Scotia</b>	<b>Web:</b> <a href="http://caregiversNS.org">http://caregiversNS.org</a> <b>E-mail:</b> <a href="mailto:info@caregiversNS.org">info@caregiversNS.org</a> <b>Phone:</b> 902-421-7390 Toll Free: 1-877-488-7390 <b>Facebook:</b> <a href="https://www.facebook.com/CaregiversNS">facebook.com/CaregiversNS</a> <b>Twitter:</b> @CaregiversNS	3433 Dutch Village Rd, Suite 2, Halifax NS, B3N 2S7		LGBT Friendly (Informal)
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- A non-profit organization providing recognition and practical supports to unpaid family and friend caregivers. All services are free
- Helps caregivers find information and resources to assist with benefits, homecare, respite, long term care, legal matters, palliative care and more

- Resources include a Where to Begin guide, The Caregivers Handbook, newsletter, comprehensive website, and educational workshops such as Caregiver Stress Management, Safe Medicine for Seniors and Caregivers, Brushing Up on Mouth Care, Disaster Preparedness for Caregivers, and Advance Care Planning
- Support is provided over the phone and at monthly support groups

**LEGAL SERVICES**

<b>Legal Information Society of Nova Scotia</b>	<b>Web:</b> <a href="http://www.legalinfo.org/">http://www.legalinfo.org/</a> <b>Legal Information Line:</b> 1-800-6659779 <b>Lawyer Referral Service:</b> 1-800-4553135	5523 B Young Street, Halifax, NS B3K 1Z7	Online resource.	LGBT Friendly (Informal)
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- Provides links and information about court and the forms you would need for court
- Legal terms defined
- Provides a directory of legal aid services

**RELIGIOUS/FAITH-BASED ORGANIZATIONS**

<b>Integrity Canada</b>	<b>Web:</b> <a href="http://www.integritycanada.org">http://www.integritycanada.org</a> <b>E-mail:</b> <a href="mailto:integritynspei@gmail.com">integritynspei@gmail.com</a>			LGBT Friendly (Formal)
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- Integrity Canada is a national network of local Integrity chapters, members, and friends working toward the full inclusion of gay and lesbian people in the life and ministry of the Anglican Church of Canada.

<b>Queer Dharma – Halifax Shambhala Centre</b>	<b>Web:</b> <a href="http://halifax.shambhala.org">http://halifax.shambhala.org</a> <b>E-mail:</b> <a href="mailto:halifax@shambhala.org">halifax@shambhala.org</a> <b>Phone:</b> 902 420-1118	1084 Tower Rd, Halifax, NS B3H 2Y5		LGBT Friendly (Formal)
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- Queer Dharma is an open community of meditation practitioners led by and for LGBTQIA (lesbian, gay, bisexual, transgender, queer, intersex, asexual) people.

<b>United Church of Canada – Affirming Ministries</b>	<b>Web:</b> <a href="http://affirmunited.ause.ca/novascotia/">http://affirmunited.ause.ca/novascotia/</a>	Multiple locations across province.		LGBT Friendly (Formal)
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- Affirm United/S'affirmer Ensemble is an organization of people of all sexual orientations and gender identities within The United Church of Canada. Affirm United works to promote the full inclusion of gay, lesbian, bisexual, and transgender people in the church and in society.

**RESIDENTIAL AND LONG-TERM CARE SERVICES**

<b>Northwood</b>	<b>Web:</b> <a href="http://nwood.ns.ca/">http://nwood.ns.ca/</a> <b>E-mail:</b> information@nwood.ns.ca <b>Phone:</b> 902-425-2273	Multiple locations		LGBT Friendly (Informal)
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- Homecare services (including telecare)
- Assisted living facilities
- 24-hour care facilities

**SOCIAL SUPPORT**

<b>Alcoholics Anonymous - Live &amp; Let Live</b>	<b>Web:</b> <a href="http://halifaxgayaaroundup.org">http://halifaxgayaaroundup.org</a> <b>E-mail:</b> courage449@yahoo.com <b>Phone:</b> 902-425-8383	St. Matthews United Church, 1479 Barrington St, Halifax	Monday nights at 8 p.m.	LGBT Friendly (Formal)
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- AA Group for LGBT community

<b>Elderberries</b>	<b>E-mail:</b> elderberries.scotia2@gmail.com <b>Facebook:</b> <a href="http://facebook.com/NSElderberries">http://facebook.com/NSElderberries</a>		Monthly events – typically on a Sunday afternoon in Halifax.	LGBT Organization
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- Social group for 50+ LGBT Nova Scotians and their partners.
- Hold monthly events that are a mix of social (e.g. potlucks and picnics) and educational (e.g., estate tax planning session).
- Events are held primarily in Halifax.

<b>Older Wiser Lesbians (OWLs)</b>	<b>E-mail:</b> owlsgroup1@gmail.com			LGBT Organization
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- Social group for lesbians over the age of 50.

## ***Commentary***

As noted above, few organizations had content explicitly addressing the end-of-life needs of older LGBT adults. The table below includes a selection of general resources for end-of-life planning that have no explicit reference to the needs of LGBT communities. We hope these resources provide readers with the information needed to move forward in preparing for later life and end-of-life. This is far from an exhaustive list of resources and should be seen as a starting point for one's exploration into preparing for end-of-life.

## **General End-of-Life Resource Inventory (Nova Scotia)**

<b>Name of Agency</b>	<b>Contact Information</b>	<b>Address</b>	<b>Hours of operation</b>
<b>211 Nova Scotia</b>	<b>Web:</b> <a href="http://www.ns.211.ca/">http://www.ns.211.ca/</a>  <b>Phone:</b> 211		
<ul style="list-style-type: none"> <li>• 211 is available 24/7 in English and French and has information for over 4000 community and social services in Nova Scotia.</li> </ul>			
<b>Daily Strength</b>	<b>Web:</b> <a href="http://www.dailystrength.org/">http://www.dailystrength.org/</a>		
<ul style="list-style-type: none"> <li>• This website provides support networks for widows and widowers as well as those experiencing depression, anxiety and loneliness.</li> </ul>			
<b>Department of Health and Wellness - Palliative Home Care</b>	<b>Web:</b> <a href="http://novascotia.ca/dhw/ccs/palliative-homecare.asp">http://novascotia.ca/dhw/ccs/palliative-homecare.asp</a>  <b>Phone:</b> 1-800-225-7225		
Palliative Home Care Services include: <ul style="list-style-type: none"> <li>• Nursing (such as dressing changes, catheter care, intravenous therapy and palliative care)</li> <li>• Home Support (such as personal care, respite and housekeeping)</li> <li>• Palliative Home Care Medication Coverage Program</li> </ul>			
<b>Family Law Nova Scotia - Services</b>	<b>Web:</b> <a href="http://www.nsfamilylaw.ca/services/communityagencies">http://www.nsfamilylaw.ca/services/communityagencies</a>  Specific LGBT Resources: <a href="http://www.nsfamilylaw.ca/services/communityagencies#anchor_12">http://www.nsfamilylaw.ca/services/communityagencies#anchor_12</a>		
<ul style="list-style-type: none"> <li>• The Family Law Nova Scotia page provides links for a number of resources including seniors' specific health resources as well as LGBT specific resources.</li> </ul>			

<b>Nova Scotia Hospice Palliative Care Association</b>	<b>Web:</b> <a href="http://nshpca.ca/">http://nshpca.ca/</a> Lakeside, NS <b>E-mail:</b> <a href="mailto:info@nshpca.ca">info@nshpca.ca</a> <b>Phone:</b> 902-818-9139		
<ul style="list-style-type: none"> <li>The provincial body for hospice and palliative care in Nova Scotia. Their site includes a number of resources for preparing for end-of-life including information on personal directives, legal concerns, and grief support for surviving partners and family members.</li> </ul>			
<b>Nova Scotia Positive Aging Directory</b>	<b>Web:</b> <a href="http://novascotia.ca/seniors/positive_aging_directory.asp">http://novascotia.ca/seniors/positive_aging_directory.asp</a>		
<ul style="list-style-type: none"> <li>A comprehensive information directory published each year by the Department of Seniors to give Nova Scotia's seniors quick and easy access to the many programs and services for seniors in our province. Available in print.</li> </ul>			
<b>Patients Like Me</b>	<b>Web:</b> <a href="http://www.patientslikeme.com/">http://www.patientslikeme.com/</a>		
<ul style="list-style-type: none"> <li>PatientsLikeMe is a patient run research network that allows people to connect with others who are in similar medical situations. Through this website individuals are able to compare treatments, symptoms and experiences and provide and receive support from this online community.</li> </ul>			
<b>Personal Directives in Nova Scotia</b>	<b>Web:</b> <a href="http://novascotia.ca/just/pda/">http://novascotia.ca/just/pda/</a>		
<ul style="list-style-type: none"> <li>Information on personal directives.</li> <li>Instructions and sample forms for creating personal directives</li> </ul>			
<b>reBoom Just-in-Case-File</b>	<b>Web:</b> <a href="http://reboom.ca/events/living-alone-series-just-incase-file-3/">http://reboom.ca/events/living-alone-series-just-incase-file-3/</a> <b>E-mail:</b> <a href="mailto:info@reboom.ca">info@reboom.ca</a> <b>Phone:</b> 902-454-3351	Halifax	
<ul style="list-style-type: none"> <li>The Just-in-Case-File is a free of charge workshop held at Northwood Terrace, Halifax. The workshop informs you of the documents that are needed to prepare for the end of life as well as how and when to make arrangements for your finances and resources.</li> </ul>			
<b>Speak UP</b>	<b>Web:</b> <a href="http://www.advancecareplanning.ca/">http://www.advancecareplanning.ca/</a>		
<ul style="list-style-type: none"> <li>Advance care planning resources.</li> </ul>			

<b>St. Paul's Information Site</b>	<b>Web:</b> <a href="http://stpaulshospital.org/patient/index.php?page=39">http://stpaulshospital.org/patient/index.php?page=39</a>		
<ul style="list-style-type: none"> <li>• This page provides links to advance health care directives forms for a variety of different faiths including Catholic and Christian specific documents, as well as general advance care directive forms based on personal values.</li> </ul>			

## **National End-of-Life Resources**

This section contains a selection of national end-of-life resources for those who wish to delve deeper into the issues and explore how peers (including LGBT seniors) are approaching end-of-life planning. It is important to keep in mind as you peruse these resources that terminology and end-of-life legal issues vary both province-to-province and country-to-country.

**Canadian Caregivers Coalition:** <http://www.ccc-ccan.ca/>

*“The Canadian Caregiver Coalition (CCC) is a virtual alliance of diverse partner organizations that work collectively, and autonomously, to identify and respond to the needs of caregivers in Canada. Our mission is to enhance the quality of life for family caregivers through advocacy and synergistic partnerships.”*

**Canadian Virtual Hospice:** [www.virtualhospice.ca](http://www.virtualhospice.ca)

*“The website features a long list of palliative care and hospice topics. A “programs and services link” provides information on services available in all Canadian jurisdictions.”*

**Dying with Dignity Canada:** <http://www.dyingwithdignity.ca>

*“. . . a national, member-based organization committed to helping people achieve quality in dying. We help people understand all end-of-life options and work for choice in dying for all Canadians.”*

**End-of-Life Law and Policy in Canada:** <http://eol.law.dal.ca/>

*“On this web site, we look at...questions about end-of-life law and policy in Canada. There’s information about advance directives, potentially life-shortening symptom relief, the withholding and withdrawal of potentially life-sustaining treatment, terminal sedation, assisted suicide, and euthanasia.”*

**Quality End-of-Life Care Coalition of Canada:** <http://www.qelccc.ca/>

*“The Quality End-of-life Care Coalition of Canada is a group of over 36 national organizations concerned about quality end-of-life care for all Canadians. We believe that all Canadians have the right to die with dignity, free of pain, and surrounded by their loved ones.”*

**Senior Pride Network:** <http://www.seniorpridenetwork.com>

*“The Senior Pride Network is an association of individuals, organizations and community groups that share an interest and commitment to expanding programs and*

*services for 50+ lesbian, gay, bisexual, trans and queer people in the City of Toronto and throughout Canada.”*