



RECRUITMENT INFORMATION

The Role of Parks and Natural Places in Rural Palliative Care:

Experiences and processes for parks engagement

- Are you... interested in the place of parks and nature at end-of-life?
- Are you... receiving palliative care from the rural Calgary Zone service?
- Are you... interested and able to have a self-guided Alberta Parks visit?

Then you may want to consider participating in a research study...

Parks and nature are known to influence quality of life at all phases – including end of life and for those experiencing grief. Little is known, however, about how to facilitate parks experiences for those receiving palliative care and their caregivers, and what time in parks and natural places means for those in this time important time of life.

Researchers with Mount Royal University's School of Nursing and Midwifery, and the AHS Rural Palliative Service, sponsored by the Alberta Parks Research Fund, are interested in hearing about your experiences. We invite those receiving palliative care (along with their caregivers or companions), to share their experiences of visits to Alberta Parks.

As part of the research, you will be guided in selecting and organizing your park visit with accessible park information from Alberta Parks staff. Assistance in making travel arrangements will be provided if needed, and all travel expenses will be reimbursed. Information about adapted trail equipment or accessible lodging/rest spots can also be provided if you choose.

During your otherwise self-guided park visit, you will be part of an audio and video taped interview in the park setting. The in-depth individual interview will be on the topic of your experience of accessing and being in parks and natural places. A brief part of the interview will focus on the details and functions of accessing the park, followed by a longer part about your experience, and what it means for you to be in the park at this time in your life. The interview will be approximately 45-60 minutes.

The study will enroll 4 individuals (adults receiving palliative care – along with companions and/or caregivers). 2 individuals' park visit interviews will be arranged for the end of June 2017, and 2 in early September 2017. Once all 4 park visit interviews are completed, the study will close.

If you are interested and willing to share your experiences and ideas, please contact the project lead:

Dr. Sonya Jakubec at: 403 685 0443 or email: sjakubec@mtroyal.ca