



Ian Bos, left, is walking across Canada to raise awareness for palliative care. DAVE BAXTER/METRO

Dad's end-of-life care inspires walk

PALLIATIVE CARE

Nova Scotian's cross-country trek pushes for more funding



Dave Baxter
Metro | Winnipeg

Ian Bos wants everyone in Canada to know what palliative care does for those living out their final days.

The 39-year-old from New Glasgow, N.S., is walking all the way across Canada to raise awareness and push for more government funding for end-of-life care.

He said his dad passed away in January and benefited from palliative care.

"I wanted to do something to honour his memory and let people know the care that he received in the end of his life was second to none," Bos said.

"So I wanted to raise the issue across Canada, because so few Canadians have access to it."

Bos worries that part of the reason people don't know about or have access to palliative care is because Canadians often don't want to talk about death.

"It's something we have to address as a country and as a society."

Palliative care isn't just important for people who are dying, but also for the people who are close to them, said Bos.

"My dad's last days were the best they could be under the circumstances, and not just for him, but for the whole family."

"They managed his pain but they also helped all of us with social support and spiritual support. There are lots of different aspects to palliative care."

Bos walked in downtown Winnipeg on Tuesday along with a number of palliative-care workers, volunteers and

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Ian Bos, who's walking across Canada to raise awareness and support for end-of-life care

others who have been affected by palliative care.

"This is so inspiring," said Kelly Cluger, who walked with Bos on Tuesday, and works for the non-profit group Palliative Manitoba.

"Anything that helps bring awareness to what we do is a wonderful thing."

Bos plans to continue his walk all the way to Victoria. He expects to get there by the third week of October.