

2022

The 3 Wishes Project

Helping to make
meaningful memories
at the end of life



The goal of the 3 Wishes Project is to improve the end-of-life experience for patients in the Intensive Care Unit (ICU) and their loved ones.



The ICU can be a stressful place for patients and their loved ones. The 3 Wishes Project brings patients peace in their final days and helps to ease the grieving process for their loved ones.

We help:

- › patients dignify, honour, and celebrate their lives.
- › family members take part in the end-of-life process, helping them create positive memories of this time.
- › ICU staff support patient and family-centered care, and are reminded of the value of their work.



To help us give your loved one better care, please tell us:



- **Who** is important to them?
- **What** is important to them?
- **How can we help** to honour them?

Here are some examples of wishes made by patients and their loved ones:

- Arrange to bring family and friends together.
- Make the ICU room more comfortable with photos, music, lighting, and more.
- Give spiritual and religious support.
- Host a tribute to the patient with their family members, friends, and staff.
- Create a word cloud in honour of the patient.



The 3 Wishes Project started in the ICU at St. Joseph's Healthcare Hamilton in 2013. The Project was started to help improve the end-of-life experience for patients, families, and clinicians. It encourages specific wishes unique to each patient and their loved ones. It has been offered in Halifax since 2018.

The 3 Wishes Project is supported by the Department of Critical Care, the QEII Foundation, and generous donations from the local community, the ICU health care team, and members of The 3 Wishes Project team.



**If you have any questions,
please contact the Unit Clerk,
Charge Nurse, or Clinical Lead:**

3A Medical Surgical ICU

VG site, QEII Health Sciences Centre

Phone: 902-473-6513

5.2 Medical Surgical Neuro ICU

HI site, QEII Health Sciences Centre

Phone: 902-473-8627





What are your questions?
Please ask.
We are here to help you.

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Call 811 or visit <https://811.novascotia.ca>

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The information in this pamphlet is to be updated every 3 years or as needed.

