

Overview of health services in Saskatchewan in home care, palliative care, and mental health.

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Introduction

The purpose of this report is to provide a comprehensive analysis of the availability and accessibility of home care, palliative care, and mental health services offered in the French language in Saskatchewan. It will highlight where these services are provided, the types of care available, and the challenges that exist, along with potential areas for improvement to better meet the needs of the Francophone population in the province.

1. Home Care Services

Like many other Canadian provinces, Saskatchewan places significant emphasis on healthcare services, including home care. The value of home care lies in its ability to deliver health services directly to individuals in the comfort of their own homes. This not only enhances the well-being of patients but also helps alleviate the pressure on hospitals and long-term care facilities.

Home care includes a broad range of medical and support services delivered in a patient's home environment, aiming to help individuals manage their health conditions while remaining in a familiar setting. The main objective is to promote the patient's independence while ensuring optimal quality of life.

Ultimately, home care services in Saskatchewan play a vital role in the healthcare system by providing personalized and accessible care to patients. Although challenges remain such as staffing shortages, resource limitations, and language barriers, ongoing efforts are being made to enhance the quality and accessibility of these services. These improvements aim to ensure that all residents, including Francophones, can receive the necessary care within the comfort and security of their own homes.

2. Palliative Care

Palliative care services in Saskatchewan are designed to enhance the quality of life for individuals living with serious or life-limiting illnesses by providing comprehensive and holistic care. These services address not only physical symptoms, such as pain management, but also offer emotional, psychological, and spiritual support to both patients and their families. The goal is to ensure comfort, dignity, and support throughout the course of the illness, particularly as patients approach the end of life.

While Saskatchewan has developed a relatively strong palliative care system, disparities in access and quality remain especially in remote areas and for minority language groups such as Francophones. Therefore, further improvements are necessary to ensure equitable access to high-quality palliative care services across the province, regardless of geographic location or spoken language.

3. Mental Health (Aging-Related Conditions)

Like many other regions in Canada, Saskatchewan is experiencing a demographic shift marked by an aging population. This trend is contributing to a growing demand for health services tailored to seniors, particularly in the field of mental health.

Older adults are at increased risk for a range of mental health conditions, including depression, anxiety, dementia, and other cognitive disorders. Several contributing factors can exacerbate these conditions, such as social isolation, the loss of independence, chronic illness, bereavement, and the transition to long-term care.

In response to these emerging needs, Saskatchewan is gradually developing mental health services that are better suited for seniors. Initiatives are underway to improve both the quality of care and accessibility of mental health support for the elderly. However, persistent challenges remain, including societal stigma, insufficient funding, and limited access in rural and remote areas. Addressing these issues will require innovative approaches, policy changes, and sustained investment to ensure that this vulnerable segment of the population receives the care and attention it needs.

Conclusion

In Saskatchewan, home care, palliative care, and mental health services form a critical pillar of the healthcare system. However, these services continue to face significant challenges particularly in terms of their availability and accessibility in the French language, which remains far from optimal. While the province has implemented certain initiatives aimed at addressing the needs of the Francophone community such as partnerships with local organizations there remains a substantial gap between the demand for French-language services and what is currently being offered.

Linguistic isolation and the shortage of bilingual healthcare professionals represent major barriers for Francophone residents. These obstacles not only affect the quality of care but also contribute to feelings of exclusion and vulnerability among Francophone patients, especially in sensitive areas such as palliative care and mental health.

To improve this situation, it is essential to enhance the recruitment and training of bilingual healthcare professionals and to implement inclusive healthcare policies that promote linguistic equity. Additionally, there must be a greater investment in French language resources whether written, digital, or community based to support patients and their families more effectively.

These measures would not only help ensure a higher quality of care for Francophones in Saskatchewan but also contribute to greater social cohesion and overall well-being. Ultimately, improving the provision of healthcare services in French is a key step toward guaranteeing equitable and inclusive access to health services for all Saskatchewan residents, regardless of the language they speak.

*The original French version of the report is available online on our
website for consultation*