

# An introduction to planning for the end of life for those supporting people with learning disabilities



“We need to hear about people being ill and people dying so that we learn how to cope – if we haven’t got ideas about how to cope with death then it’s very difficult when our parents die”

*Taken from the [Thinking Ahead Guide](http://www.learningdisabilities.org.uk) (www.learningdisabilities.org.uk)*

Talking about dying and planning ahead can help people receive the care they want. It also gives them a greater sense of control and can help to make things easier for family and carers.

## A One Day Training Programme

This interactive one day course aims to increase understanding of the importance of planning for the end of life. It will equip you with the knowledge, skills and confidence to enable you to initiate conversations with service users and them to put plans in place.

Gentle Dusk has been delivering Planning for the End of Life training to a range of audiences since March 2011. The training is engaging & participatory and provides participants with a range of fun and engaging materials and tools to initiate and support conversations.

## Learning Objectives:

By the end of the course participants will be able to:

- Explain the meaning of planning for the last years of life and why we need to do it;
- Discuss why it can be difficult to talk about dying and end of life care with service users who have a learning disability;
- Discuss how end of life wishes can be recorded in an advance care plan and explain their role in the advance care planning process;
- Use a range of strategies and skills to initiate conversations about planning for the end of life and support service users to put plans in place;
- Identify where they can signpost service users for further information and support; and
- Identify key actions they will implement to help their service users plan for the end of life.



## Who the course is for

This course is particularly suitable for those who work with adults with learning disabilities.

## Testimonials

*"Really brilliant training and so important and useful for our client group. All staff should do it!"*

Participant from Centre 404

*"Please do more of these trainings to create awareness. It does solve a lot of issues when things are planned"*

Participant from Elfrida Society

100% of all participants, who have previously attended this course, said they would recommend it to others.

## For more information or to book a course contact:

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## About the trainers

**Debbie** is a nurse and health promotion specialist and has over 20 years experience in the NHS at both a clinical and a senior manager level. Debbie has a particular interest in raising public awareness of death, dying & end of life care and has significant experience in running workshops/events in the community to support people to think about and plan for the end of their life. Debbie is an experienced trainer & facilitator and designs and delivers engaging and participatory training courses for a variety of audiences.

**Mireille** is a Chartered Health Psychologist by training and senior manager by experience. She has 15 years of experience in the NHS. She has worked on the development and commissioning of end of life care and palliative care services in primary care, acute care, care homes, hospices and third sector organisations. She has extensive experience of training, learning and development and brings a unique energy and enthusiasm to training combining knowledge and techniques from psychology, experience of healthcare services and frontline support in End of Life Care.

