

An introduction to planning for the last years of life

Around 70% of people would prefer to die at home. In England, 50% die in hospital. Only 7% of us have recorded our wishes & preferences for the care we would like at the end of our lives. Planning ahead can help people receive this care; it gives them a greater sense of control and can help make things easier for those that care for them.

A one day training programme

This interactive 1-day course aims to increase understanding of the importance of planning for the end of life. It equips participants with the knowledge, skills & confidence to enable them to initiate conversations with service users & to signpost them to further support.

Well balanced, interactive and very informative. Important because it really got me to think about what **is** important for me and what could be important for others.

Course participant

Gentle Dusk (www.gentledusk.org.uk) has been delivering Planning for the End of Life training to a wide range of audiences since March 2011. The training is engaging and 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 what planning for the end of life is and why we need to do it;
- Discuss what makes it difficult to talk with service users about dying and end of life care;
- Reflect on what might be important to them towards the end of their life;
- Discuss how someone can record their end of life wishes 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 dying and planning for the end of life; and
- Outline key actions they will implement to help their service users plan for end of life.



Who the course is for

This course is particularly suitable for those who work for organisations that support those aged over 55 years e.g.

- Adult Social Care
- Providers of Supported Accommodation
- Community and voluntary groups
- Carers organisations
- Day Centres

Testimonials

"It's very important to enable us, as support staff, to tackle this 'taboo' subject. The training gave us tangible strategies for tackling this subject."

"I had not thought about advance care planning before; although I had considered some aspects of it. Having the document will help me (and those I support) have a comprehensive plan in place"

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:

Gentle Dusk Training Lead
debbie@gentledusk.org.uk

About the trainers

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.

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.

