

An introduction to planning for the end of life

Death, dying and planning for the end of life can be one of the most challenging topics to discuss for anyone working within health and social care. With the right knowledge and skills it can become one of the most rewarding.

A half day workshop



This introductory half day workshop aims to raise awareness about the importance of planning for the end of life and enables participants to feel confident initiating conversations with service users and supporting them to discuss and record their end of life care wishes.

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.

Course participant

Learning Objectives:

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

- Explain what planning for the last years of life is and why we need to do it;
- Discuss what makes it difficult to talk with service users about death and dying and end of life care;
- Identify strategies for starting conversations about dying and planning for the end of life with those we support;
- Discuss how someone can record their end of life wishes in an advance care plan and explain your role in the advance care planning process; and
- Signpost service users for further information and support (including referring to the Future Matters project).

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
- Community and voluntary groups
- Carers organisations
- Day Centres
- Providers of Supported Accommodation
- Those who work with people with learning difficulties

Testimonials

"A very good workshop even though a difficult topic to discuss. I now feel more confident to discuss with service users and complete my own plans"

"All of the sessions worked well together and were very useful. Very well blended with presentations and group work so kept momentum and level of interest"

100% of all participants, who have attended our courses, said they would recommend it to others.

For more information or to book a workshop

contact:

Gentle Dusk Training Lead
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About the trainers

Mireille is a Chartered Health Psychologist by training and Senior Manager by experience. She has 15 years of experience in the Health Service. 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.

