

## End of life care awareness programme

**Duration: 2 days**

### Overview

Providing good end of life care can be one of the most rewarding caring experiences any care worker can have. How they care for someone at end of life can remain with relatives and loved ones for a long time and there is only one chance to get this right.

This awareness programme has been designed to cover the main aims and principles of end of life care. It provides learners with ways to develop their understanding of the different views of death and dying in our society and how these views may affect an individual. It will also consider the range of support services available for themselves and the people they are supporting.

### Learning Outcomes/course content

The real benefit to this programme is that it is linked to the National End of Life Core Skills Education and Training Framework and covers:

- person-centred end of life care
- communication in end of life care
- equality, diversity and inclusion in end of life care
- practical and emotional support for the individual approaching end of life
- assessment and care planning in end of life care
- symptom management in end of life care
- working in partnership with health and care professionals and others
- support for carers
- how professionals can maintain their own health and wellbeing when caring for someone at the end of life
- care after death
- law, ethics and safeguarding
- leading end of life care services and organisations
- improving quality in end of life care through policy, evidence and reflective practice.

### Who is the programme aimed at?

The programme is specifically for those:

- working in adult social care, mainly supporting people who are not approaching the end of life, but with some who might be, for example in the community or in a care home
- working in adult social care and providing supervision and professional support to other professionals who provide care and support for those not approaching the end of life, but with some who might be.

### Programme delivery

The programme is designed to be delivered to groups of 10-15 learners in a traditional a classroom setting over a 2-day period. However, the programme materials allow flexibility in the delivery dependent on the learners and the situation.