



End of Life Aid Skills for Everyone

A public education course

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End of Life Aid Skills for Everyone (EASE) is a new public education course. It aims to enable people to be more comfortable and confident supporting family and community members with issues they face during dying, death and bereavement.

“Although we may not realise it, or feel like it, we all have an innate ability to support and care for each other through difficult times.”



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Why do we need a public education course on dying and bereavement?

The informal support that people receive from friends and family is a key determinant of their experiences of caring, dying and grieving.

People usually want to do the right thing when someone they know is affected by ill health, death or grief.

But sometimes other things get in the way – lack of knowledge, experience or confidence can mean people don't offer help. Structures, culture and conventions can create barriers to individuals acting on their intuition.

Initiatives to build the confidence, knowledge and skills of the general public to support people approaching the end of life therefore have an important role to play alongside work to improve formal services.



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What does the EASE course look like?

The course was originally designed to be delivered face-to-face to groups of up to 15 people and was piloted in this way. However, in response to the covid-19 pandemic, a short version of the course was made available online in May 2020. A fully interactive version of the course has recently been completed and will be piloted with hopes of making the course available early in 2021.

The course uses a variety of media including films, handouts, quizzes, exercises and opportunities for reflection and group discussion. It consists of four modules, each taking no more than two hours to complete. The ethos of the course is one of peer learning and discussion. It will be delivered free of charge by volunteer facilitators.

Module 1: An Introduction to death in Scotland

Module 2: Serious illness and frailty

Module 3: Realities of caring and dying

Module 4: Caring for the carer



“Found course very helpful on both emotional and practical level.”

“This course is an excellent resource which gives comprehensive support to those who may be assisting families in end of life care or those who are dying.”



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“This is a lovely module that deals with a challenging topic effectively, reverently, gently, objectively, sensitively, accurately, expertly and embraces different view points.”

Feedback

“Superb course”

“It was well thought out in terms of how each session was structured and how information was presented.”

This poster is part of the
SPPC poster
exhibition
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