

Taboo Busting!

Creating a space to talk openly about death, dying and how we can be better prepared for the inevitable...

What was it?

The ACP Programme decided to make the most of Demystifying Death Week this year by organising multiple events looking at various topics connected to death, dying and bereavement.

With help from colleagues in the Spiritual Care and Palliative Care Teams, we managed to explore these topics in an informative and supportive way, facilitating conversations amongst both staff and the public.

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Who was it for?

All of our sessions were open to all. We promoted the event via internal and external communication channels including Core Brief, HSCP e-bulletins, twitter, Facebook and mailing lists. We also advertised via the Good Life, Good Death, Good Grief website.

When was it?

All our events ran across Demystifying Death Week, 2nd - 6th May 2022. Following the success of this week we re-ran 5 events during Carers Week, 6th - 13th June 2022.

What kind of events did we host?

The Dying Process

Power of Attorney

Self-care sessions for carers

Death Cafes

What is Palliative Care?

Conversation Skills for Anticipatory Care Planning

Looking at the difference between Anticipatory Care Plans and Treatment Escalation Plans

Future Planning

Wills

Preparing for Hospital

Introduction to Anticipatory Care Planning for staff and the public

Some of our sessions were recorded and can be viewed on the events page of www.nhsggc.scott/planningcare or click here

Extra Support and Signposting

Given the sensitive topic, we were careful to ensure that help was clearly signposted both in our session and in our marketing.

Everyone who registered for the event was sent a resource list with suggestions of organisations, training, books, podcasts, TV Shows and games which can help them to further explore their feelings around these topics.

13 Events

246 Registrations

"There was a lot more laughter than I expected... I feel able to facilitate my own in the future after more research"

How people felt:

pleased
happy included
satisfied
thankful
safe thoughtful
sad compassion
hopeful
surprised curious
grief
peaceful
heard
bored
fortunate
confused
embarrassed
accepted
lonely
looked after

"Informative, relaxed and practically useful."

"Liberating to discuss death so openly."

"Definitely made me think about what is most important to the people that we support."

"Death is part of living, but a good death is a gift and as a nurse I feel privileged to participate in my patient and families journey."

82%

Felt more confident to have a conversation about death, dying and bereavement.

98%

Would recommend to friends, family and colleagues.

86%

Would be interested in attending future events on these topics.

What's next?

- Planning has started for our "To Absent Friends" celebrations as well as next years Demystifying Death Week.
- We are also helping to promote To Absent Friends week across Care Homes and community groups to encourage the conversation to grow and have plans to link with local programmes running events across the Board.
- Working alongside colleagues in our mortuaries and those involved in funeral planning, we are hoping to shine a light on the journey bodies take right up until they are in their final resting place.
- Following the success of many of these events, we have started a monthly virtual cafe and included lots of the training sessions into our regular training offer.

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