

Dealing with Dying

Carers support session



This session is for people who wish to know more about caring for their loved one at home at the end of their life. It is a two hour session which is provided free of charge and delivered by St Helena colleagues.

Topics covered include:

Realistic choices

What realistic choices are there about end of life so that families are aware of the options and do not have 'unrealistic' or 'romanticised' expectations. This will include the practicalities, care choices and support services available.

The process of dying

We will consider issues relating to the last weeks, days and hours of life. This will include some of the common symptoms to look out for, such as the involvement of the GP and district nurse at the end of life, when the use of a syringe driver is needed and how to access support.

When someone dies at home

We look at what practical measures need to be taken when someone dies at home and what to consider for the following 1-2 weeks as well as into the future.

This will include who to contact, verification of death, after care and bereavement support.

Looking after yourself

There will be a constant theme of 'looking after yourself' and your importance in the role of caring for a loved one at home.

Dates for 2020

Thursday 30th January
Thursday 27th February
Thursday 26th March
Thursday 30th April

Timings

All sessions run from 10am to 12pm.

Venue

The Joan Tomkins Centre
Myland Hall
Barncroft Close
Colchester CO4 9JU

For further information please contact shh.singlepoint@nhs.net

How to assist your loved one with moving at home

These additional sessions will be held at Colchester Hospital. If interested then please discuss when attending the Dealing with Dying session.