

Living Well, Dying Well: Make a difference just by talking

Course description

The Cheshire Living Well, Dying Well Public Health Programme aims to improve health and wellbeing by supporting a change in public knowledge, attitude and behaviour towards death, dying and loss, and through this make living well and dying well the norm. Many people are unprepared for their own or their loved ones death: wills have not been written and end of life plans and wishes not discussed. Death is not an easy thing to discuss but peace of mind, quality of care and living well depend on us being able to talk about it openly and sensitively throughout the life course.

This course will enable staff and volunteers to discuss death, dying and loss and promote health and wellbeing with service users.

Aim

To be confident and competent to create talking points about death, dying and loss with service users

Objectives

- To identify the benefits of talking about end of life plans and wishes throughout the life course
- To consider the barriers to talking about death
- To identify ways of raising the subject and talking about end of life plans and wishes
- To be able to signpost people to further help and advice

Duration

2 hours, 30 minutes