

Living Well, Dying Well: Taking action

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. Consequently, it is important that more is done to encourage the public to think about, talk about and take action in relation to death, dying and loss throughout the life course.

The course will equip staff and volunteers to raise awareness and promote action about important end of life plans and wishes with service users. The course includes information about making a will, making a funeral plan, planning future care and support, organ donation and informing family members or friends about plans and wishes throughout the life course.

Aim

To enable service users to take important actions to live well and die well

Objectives

- To identify the barriers and benefits of talking about end of life plans and wishes
- To improve knowledge about wills, funeral plans, planning future care and support and organ donation
- To enable service users to raise the subject and talk about end of life plans and wishes with their family and friends throughout the life course
- To be able to signpost people to further help and advice

Duration

2 hours, 30 minutes