



Galway Hospice

EDUCATION AND TRAINING TWO DAY WORKSHOP

ILLNESS, DYING, DEATH AND BEREAVEMENT:

A natural part of life... How do we talk about it, what do we say, how do we help?

THURSDAY 24TH & FRIDAY 25TH OF NOVEMBER 2016

Who should attend? This workshop is for healthcare professionals and volunteers who would like to learn more about supporting people who are living with, or have prior experience of, a serious illness, a significant loss, dying, death or bereavement.

Illness, dying, death and bereavement: a continuum of care – dying is a natural part of life, yet we seldom prepare for it. How do we talk about it, what do we say, how do we help, how will their family/carer cope in the future?

We will explore the care journey through diagnosis, loss and change, anticipatory grief, preparation for end of life care experienced by people who are dying and their families, and look at the natural adaptation people make in bereavement, how it affects us and what supports are helpful.

Description: Established research suggests that the grief process starts before death, when people begin to read the road ahead and anticipate what lies in front of them and their family. If this is true then what are the implications for the individual, their family, carers or friends and professionals if considering loss and grief through the course of an illness?

How do we know when someone is anticipating the progression of their illness, slowly processing bad news, anticipating and rehearsing their death and needing to talk with someone? What informs our practice and ensures our best response to their unfolding distress and ability to cope?

This workshop will reflect on how we can help people facing illness, dying, death and bereavement, and will help the family/carer to carefully explore their emotional wellbeing. It will examine whether preparation for and warning of a death can play a positive role in later grieving. We will look at the demanding, often challenging and conflicting issues that arise for people who are ill and what we might do or say to support them. The needs of adults and children will be addressed.

Format: The format will include presentation, a review of related literature, group discussions and it will be experiential and interactive throughout. It is advisable that those experiencing a recent loss or close bereavement should *not* attend this workshop.

Learning Outcomes: On completion of the two day workshop participants will be equipped as follows: understand the complexities of talking to someone who is very ill, understand the complexities of breaking bad news; be aware of current theory and literature around anticipatory grief/pre-death and post death bereavement, reflect on their own experience and clients' experience of facing illness, dying and death; confidently begin to communicate with a person and their family/carer who is facing death in a safe and respectful manner; identify and begin to develop the use of different creative tools that might assist them in their own learning and in their direct work with clients; be informed of current practice and policy recommendations.

Presenter Profiles:

Eileen Scott Nally is a Medical Social Worker working in a variety of palliative care settings for over 18 years (community, hospital and hospice). She has a degree in Social Science, a Post Graduate Diploma in Palliative Care and has completed the Sacred Art of Living and Dying Modules. Eileen is currently the Acting Senior Medical Social Worker based in Galway Hospice.

Ann Keating has been a Medical Social Worker for 30 years with a particular interest in end of life care, loss and bereavement. She holds a Masters in Social Work during which she prepared a research dissertation Bereavement: A paradigm shift. She currently works part-time as: a lecturer in End of Life Care, Bereavement and Loss and as a Medical Social Worker in Galway Hospice Home Care and Bereavement. Ann is a trained supervisor to Medical Social Workers who work in health settings and end of life care.

When? The Workshop will be held on **Thursday 24th & Friday 25th of November 2016**. Registration and tea/coffee will commence at 9.00am on Thursday morning. We will start at 9.30am on Thursday and finish at 5pm on Thursday evening. On Friday we will start at 9.00am and finish at 3.30pm to facilitate people travelling long distances.

Accreditation: Applications will be made for Continual Professional Development (CPD) points from ICGP and Continuing Education Units (CEU) from NMBI. CPD points may be self-certified via CORU for Allied Health Professionals. A maximum of 12 CPD / CEU credits will accrue.

Fee €150: 2-day workshop includes light lunch and tea & coffee on both days.

Please note bookings cancelled up to seven days prior to the date will be refunded minus an administration fee of €10.

Location: The new entrance to Galway Hospice Foundation is located on the Dublin Road (our old entrance was Renmore Avenue). The Bon Secours Hospital is immediately beside us, and The Connaught Hotel & Flannery's Hotel are both nearby.

Parking: Limited free parking is available onsite. There are plentiful opportunities for free parking in the immediate environs. Full details are available on request.

Travel: From the Train & Bus Stations, Eyre Square, Galway.



10 minute taxi journey (fare €8 – €10)



Bus numbers 402, 409, and 410



20 - 30 minute walk

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BOOKING FORM

Name: _____

Area / Role of Work: _____

Address: _____

Mobile number: _____

Email: _____

Fee payable to Galway Hospice Foundation: €150

Dietary Requirements: _____

Please post to:

Dan Keane,
Standards and Practice Development Co-ordinator,
Galway Hospice Foundation,
Dublin Road, Renmore,
Galway City,
H91 R2T0.
(091) 770868

E-mail enquiries to dkeane@galwayhospice.ie